

Swiss Etiquette

Children's Dining Etiquette Start Guide

**9 (Doable) Ways to Transform
Your Home and Restaurant
Family Dining Experience**

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9 Ways to Transform Your Home and Restaurant Family Dining Experience



Thank you for requesting this guide to transform your family dining experience. The time you spend dining with your children should be restful and enjoyable for everyone.

In this social season where dining becomes one of the focal points for our visiting with family and friends, it is well worth spending a little time to prepare our children and let them know what is expected, but also what a lovely experience is possible, when we all respect certain considerate and social behaviours.

So whether you feel your family dining experience is in urgent need of a total transformation, or you would simply like to tweak a few things to get more from each mealtime, on the following page you will find some tips that, when implemented, will give you what you need.

On the last page you'll also find a list of classes and other activities that may interest you for your children or for yourself. Thank you very much for reading, and you are always welcome to reach out to me via fb, or email info@SIEP.ch. ~ Rhoda

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- ✔ Most important of all is coming to the table with a polite and social attitude.
- ✔ Encourage your children to participate by answering questions, contributing opinions, and by asking questions of their own to the others around them.
- ✔ Does everyone have a napkin and do they know how to use it?
- ✔ Place drinks away from the edge of the table and out of the way of elbows and other things your child may want to reach for.
- ✔ Encourage children to ask for things to be passed rather than stretching for what they need.
- ✔ Children should say 'Thank You' to whoever made the food, and even better, encourage them to say something nice about the food!

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- ✔ Have everything children might need - drinks, cutlery, condiments etc - on the table before everyone sits down, to help avoid the chaos that ensues with children hurrying away from the table and running to find what they want.
- ✔ Encourage everyone to stay at the table until all have finished, or until all the children have finished, then they may leave together. Having some of the party already finished and back on the TV or whatever they were doing before, leaves whoever is left alone dissatisfied. Avoid the inevitable complaining and the intermittent making a break for freedom by having children stay seated until all have finished eating.
- ✔ The dining experience should be restful and enjoyable for everyone. If it is not - can you look articulate why? You are clever and creative and you know how to manage your children - you can get to the bottom of the problem and you can find great solutions.

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If you would like to learn more...



If you desire for your little prince and princess to be even more delightful, to know beautiful etiquette, to learn to be their own advocate, and to represent themselves and your family with confidence when outside the home...

Then I would like to invite you to book a **PRIVATE LESSON** for your children aged 4 - 17. These take place in a five star hotel in Geneva, throughout Switzerland, or online.

Or to enrol them in a **GROUP CLASS**. These take place in a five-star hotel in Geneva and throughout Switzerland. If you let me know you are interested in a group class for your child, I will send you the details when the next one is open for enrolment.

Kindly PM on fb or email info@SIEP.ch.

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If you would like to learn more...

PRIVATE COURSES FOR ADULTS

Shine in any circumstance

One-on-one **VIP COURSES** are available for adults, in social and professional etiquette. Learn to carry oneself with authority, elegance and class, with precise etiquette, in social and professional situations. These courses are custom for your needs. To book, kindly PM on fb or email info@SIEP.ch.



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About Rhoda



Rhoda Barfoot Delgado specialises in teaching Western etiquette to local and international clientele. She attended Swiss Finishing School where she studied international etiquette and protocol. Rhoda is certified in teaching business etiquette and children's etiquette, and has taught etiquette to royal children.

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What do my clients say...

Rhoda is an extremely graceful coach with a calming presence and deep wisdom and if you have the opportunity to spend time with her, I highly recommend it. ~ Jessica

The experience was so positive! My daughter was happy to explain to me what she learnt at the dining table and she said it was more fun than having her mum nag at her at tell her where to put her napkin etc!...It was also good for her to be amongst other children who wanted to learn. The hotel choice was lovely and my daughter said the food was exquisite! ~ Raquel

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What do my clients say...

This session was just what we were looking for without even knowing we were looking for it! My daughter, like many 6 year olds, lacked a lot of dining finesse (shall we say) at the table and, like many parents, we had used all the tools in our toolbox with limited success. Enter Swiss Etiquette and Rhoda! The entire experience was wonderful and my daughter emerged armed with many new skills and information that she eagerly shared with our entire family. In addition, and importantly, Rhoda was extremely attentive to my daughter's dietary restrictions, including an anaphylactic allergy, sharing the menu and ingredient lists ahead of time so that we felt reassured that our daughter would be safe. Thank you, Rhoda! ~ Miriam

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What do my clients say...

My daughter really enjoyed your course and learned a lot of things that she showed me with enthusiasm. She also told me so many nice things about you and the whole experience. I will be looking into the courses you offer so that she can reinforce what she has learned. Thank you also for being so accommodating with my requests. ~ Blanca

Thank you for the wonderful workshop designed for children. I didn't hesitate to enrol the moment I saw the opportunity. My daughter told me that she had a wonderful time, and the food was fabulous. She demonstrated what she learned during the weekend and we were all impressed. We will remind our daughter to keep up the good eating manner. Thanks once again and see you next time. ~ Janice

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What do my clients say...

My boys really enjoyed your dining and etiquette class and I've been so happy to see them applying what they learnt with enthusiasm and pride! Again, thank you so much. ~ Sarah

The children really enjoyed the Class and were asking if they could come back again. I was really glad they loved it and learnt a lot as well. They have both improved a lot. I am more confident now to take them out to restaurants more often. Thank you so much. ~ Chinaka

*That was the best etiquette class ever! ~ Victor,
age 10*

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What do my clients say...

Thanks for a great course. As soon as my son arrived home he spontaneously told me it was really fun, he got to have ice cream and the teacher was really nice. 😊 It's given my son a great awareness and appreciation for something that previously was just a given transaction of eating. I can see he is proud of what he's learnt (and it was a nice refresher for us too). ~ Gail

**To book private lessons, a class or private course,
kindly email info@SIEP.ch.**

Thank you.