Eating Out Plan

Plan the wait. Pick the quiet seat. Leaving early is okay.

1 Before we go

- [ ] Quiet time chosen
- [ ] Menu checked online
- [ ] Safe snack packed
- [ ] Drawing things or a book
- [ ] Headphones packed
- [ ] Our idea: _____

2 While we wait

- [ ] Quiet seat asked for
- [ ] Child's food first
- [ ] Drawing or book out
- [ ] Snack if it's long
- [ ] Short walk outside
- [ ] Our idea: _____

3 If it's too much

- [ ] Step outside together
- [ ] Fewer, calmer words
- [ ] Food boxed up
- [ ] Leave early, no shame
- [ ] Try again another day
- [ ] Our idea: _____

Our best seat: Corner · Booth · Outdoor · Near the door