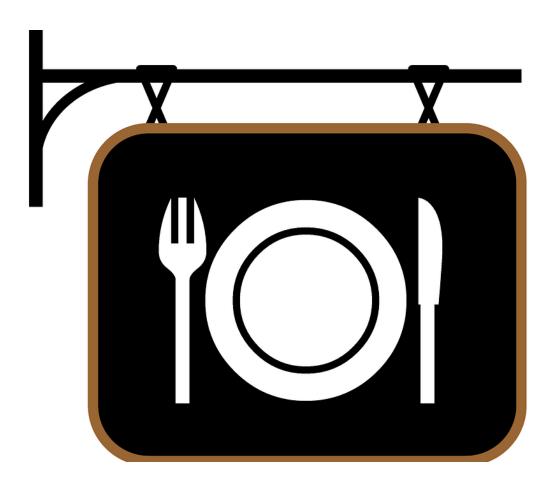
#### Going to a Restaurant



# RESTAURANT



Sometimes restaurants can feel noisy or crowded. It's okay. I can tell my mom or dad if I feel scared or nervous.



They might hold my hand or take me for a short walk outside. I can take a break from the noise and crowd and still have fun at the restaurant!

## When we sit down at our table there might be a special menu for me to choose my food from.



Sometimes I may feel nervous about what I will eat, especially if the restaurant is new.

It's okay! My mom and dad know what I like and will help me choose.

#### After we order our food I might have to wait again while they cook the food. This is okay too!



I can ask for crayons to color with or play tic-tactoe.

I can also read books or listen to music again.

If someone talks to me while we are waiting for our food, it is a good idea to take a break from my book, music, or game to answer them.



Talking with people at restaurants is part of the fun!

I can return to my favorite activity after I answer.

### When the food comes to the table, I should say "thank you" to the person who brings the food.



If my food looks a little different than it does when I get it at home, it's okay!

My mom or dad will help me feel good about the food because they know what I like!

## I did it! Going to a restaurant was lots of fun and now I know that I can do it again!



#### Things to Try

When we go to a restaurant, I can bring:

- A book
- A game
- A small toy or action figure