

Useful words/signs/symbols to use....

- “more”, “finished”
- “like”, “don’t like”,
- “good”, “bad”
- Describe items e.g.
Colour- “it’s green”
Size- “it’s little”
Number – “I have 3”
Texture – “hard” “soft”



Take turns.....

- To talk about their food e.g. “it’s nice”, “I like beans”, “I have 6 carrots”
- To talk about their day e.g. “my day was good”
- To pass a food item around to share e.g. “my turn to have peas, “your turn to have chips”

Anticipation and attention...

Pause between offering the next serving - see if your child will ask for “more” or make eye contact with you to indicate they want more

Offer choices.....

Hold up items for your child to name, reach for or look towards

- Do you want peas or beans?
- Do you want red cup or green cup?
- Shall we use a big or a little spoon?

Ask if the child wants ‘more’ or ‘finished’

Mealtimes

Listen to.....

Sing songs as you are doing the activity. This may be more helpful when getting ready for the meal and tidying up. Try adding your own words to familiar tunes e.g. To the tune *here we go round the mulberry bush* - you could sing “this is the way we wash our hands / cut the apple / stir the sauce / set the table / tidy up” etc.

What is happening.....

- Talk about what you are doing e.g. “cut the carrot”, “mix the sauce”
- Comment on the meal e.g. ‘Its yummy”, “all gone”, “pasta finished”
- Talk about the sequence of the activity e.g. “First wash our hands, then set the table”

Can you find.....

- Items by colour e.g. something yellow
- Items by type e.g. a spoon
- Items by size e.g. a big/little carrot
- Items by possession e.g. “your plate”