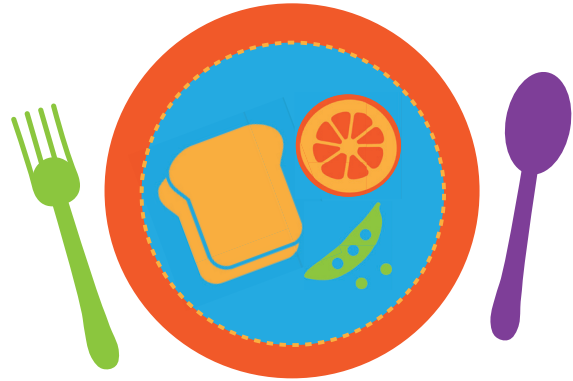




## Family Talk: Mealtimes

**Mealtimes** can be busy, but they are a great time to connect with your child. If your family doesn't traditionally socialize while eating, try involving your child in meal or snack preparation or cleanup, and talk throughout.



### Infant

Watch for nonverbal communication during mealtimes: Does your baby turn her face to signal she is done eating? Does she point to a food she wants to try?

Add words to describe your child's actions and choices.

- "I see you pointing to the cereal. Would you like to try some? Let's take a big bite. Do you like how it tastes?"

### Toddler

Build sentences around your child's one- or two-word communication.

- "Yes, the apple is red. Do you see anything else that is red?"

Talk through the sequence of mealtime routines with your child.

- "First, I fill the pot with water. Then, I put it on the stove. What comes next?"

### Preschool

Ask open-ended questions to support imaginative thinking.

- "What do you think robots eat for dinner?"

Build sorting and grouping skills by asking your child to name foods by color, flavor, or beginning sound. Give hints to make it fun.

- "Let's think of all the foods we know that are sweet."