



Simple ways to promote language at mealtime

PROVIDE OPPORTUNITIES TO REQUEST

Try giving your child small portions of each food at first and model asking for more with words or signs. Expand on their language by adding “please” or “more” after a request.

TALK ABOUT YOUR FOOD

Be descriptive and describe the foods you are eating.
Is it hot? Do you need to blow on your food to cool it down?
Is it soft or creamy or hard and crunchy?

TALK ABOUT YOUR DAY

Go over what you or your child has done so far in the day. Try incorporating sequencing by using first, next, then, and last when describing what your family will be doing today.

