

# LANGUAGE IN THE KITCHEN



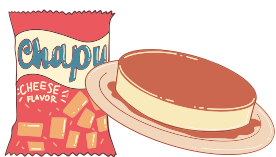
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The kitchen is often referred to as the heart of the home. Whether you're cooking or just enjoying a meal with your kiddo, it is always a great opportunity to encourage speech and language development! The kitchen and meal times are such sensory and language-filled times! Here are some tips and strategies for you to use next time you're in the kitchen!




**Give choices!** Choices allow for independence! Even if your child is not yet talking, they can communicate with a point, reach or eye contact. Model their selection.



**Describe your food!** Is it crunchy? Mushy? Colorful? hot? Yummy? Let's talk about it! Using short, simple and slow language, model describing the textures, colors and shapes of your meal! Exaggerate the noises and have fun with your food!

**Go through it step by step!** When making a recipe or even getting your meal plated or setting up the table, talk about each step one by one. Model using sequencing vocabulary such as, "first, then, next, last".



 (925)399-5796

 311 Ray Street Pleasanton, CA

 [TeamworkTherapies.com](http://TeamworkTherapies.com)