



# Meal Time

## Early Learning (Math, Cognitive)

Cook with your child **demonstrating** simple scientific principles (freeze, melt, liquid, solid).

**Measure** ingredients with your child, counting as you go, and asking “how many” questions.

Find opportunities to **cut** items from wholes into parts and **talk** about those parts. Put the parts back together to see the whole.

## Fine/Gross Motor

Allow your child to **help** set the table with napkins, silverware, plates and cups.

Support your child to **take** her plate to the sink and **scrape** foods into the sink or leftover containers.

**Include tongs** as a serving tool and have fun **experimenting** with chopsticks.

## Language/Literacy

Try a no TV rule during meals.

Encourage your child to **talk** to you about her day, today, yesterday, or tomorrow.

**Name** and **describe** the foods you are eating. Then **ask** your child to **name** and **describe** what she is eating.

## Social/Emotional

Encourage your child to **help** with meal **planning, preparation,** and **clean up.**

Have back and forth **conversations** at the table. Try to have a minimum of five exchanges each.

**Serve** a family style meal and support your child to **speak in complete sentences**, “Please pass the potatoes. Thank you.”

## Self-Help

Serve healthy foods and allow your child to **select** her portion. Support your child to take reasonable amounts.

**Encourage** your child to take one bite of a new food (several attempts may be needed before she enjoys it).

Assist your child to **open packaging** and **lids** on containers **independently.**