

Mini Guide: Mealtime

Common Opportunities in This Routine

- Choosing between foods or utensils
- Requesting more or signaling “all done”
- Engaging in back-and-forth interactions (e.g., bites, smiles, sounds)
- Naming and commenting on food, textures, colors, or actions

Strategy Ideas

- Pause often before giving bites. This gives your child time to communicate.
- Offer choices (e.g., “Do you want banana or yogurt?”).
- Model simple words or signs like “more,” “all done,” “hot,” or “yummy.”
- Describe what’s happening (e.g., “I’m pouring the milk” or “You’re using a spoon”).

Tips for Making It Fun

- Use silly sounds or playful routines (e.g., “Here comes the airplane!”).
- Let your child be involved—they can help stir their food or wipe their tray.
- Celebrate small attempts to communicate with smiles or praise.

What To Watch For

- Does your child respond when you wait?
- Are they using gestures, sounds, or words to express wants?
- Do they show interest in mealtime interactions or specific foods?

Notes:
