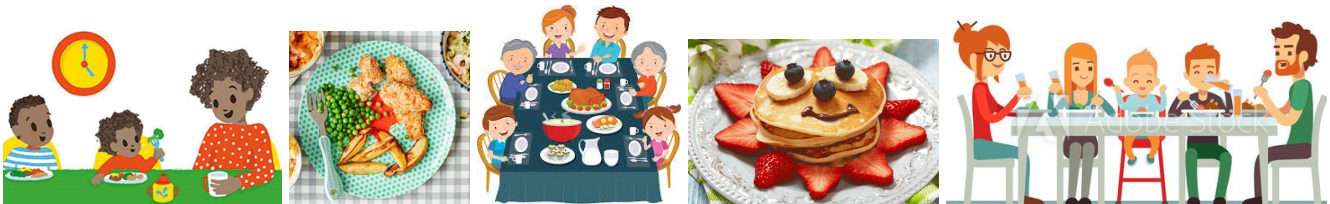


## Meal times are a great time for talking

*Developing language - the key to success at school*



**Do** talk in sentences about what we need. Get them involved with a really **simple job** that won't be stressful to you. **“grab a plate and get...”, “put the tomato sauce on the table”** “get the cutlery/glasses/cups”

Sit with your child when they eat, even if you are not eating yet.



**Say** how your day has been. Talk about **who you saw, what you did, where you went...**

Your child might naturally start to tell you about their day then. Comment on what you are eating, say what it is, talk about what it looks like and what it might taste and feel like. **“I can see you like the crunchy, orange carrot. Have you tasted a green, round pea?”**



**Be** prepared! For **spillages** as they learn, this will happen! **Accept their responses** without feeling annoyed. “You have tried it”. “I hear that you don't like it. That is what is for tea tonight. We can try something else next time.” (Easier said than done, we know!)



**Notice** if people are **talking over each other**, keeping **eye contact**. Whether your child likes their dinner or not.



**Wonder** out loud **how their day has been**, whether funny/silly/ unusual things have happened....

**Prioritise your child, give them your full attention and put technology away! Avoid direct questions.**