

Talk to me...




Every word counts -  
It all goes in





# Talk to me at mealtimes

Mealtimes are a great time to develop your child's speech, language and communication skills.



 Encourage your child to listen and follow simple instructions (e.g. put the spoons on the table).

 Talk about likes and dislikes of flavour, texture and smell (e.g. I like the strawberry it tastes sweet).

 Talk about the food categories (e.g. a carrot is a vegetable) and what you are doing with the food (e.g. chopping, peeling, blending).

 Use mealtimes as an opportunity to talk about your day so far and what you will be doing next.

1 potato 2 potato,  
3 potato, 4  
5 potato, 6 potato  
7 potato, more!,

**All you have to do is.....TALK!**

**TALK!**  
Halton