

Mealtimes

Why mealtimes?

Mealtimes mean chatter time! They're the perfect chance to get everyone talking, listening and laughing together – all whilst supporting speech and language skills

How to make mealtimes helpful: 5 quick tips

1. Sprinkle in some tasty new words

"That's a spicy soup!", "The orange juice is so tangy!"

Dishing up fun description words at the dinner table can give vocabulary an extra kick - don't forget the facial expressions!

2. Set and say – lay the table for learning!

"Put the glass above the knife, please!", "The fork goes next to the plate"

Give simple instructions and chat about where things go. It's a fun way to get in those location words!

3. Share moments at mealtimes

"What made you smile today?" "What was the best part of school?"

Telling you about their day over dinner helps build storytelling skills and confidence.

4. Cook up language with your child

"It says crack two eggs into the bowl... great! Then add a pinch of salt...."

Cooking together? Perfect! Talk through each step and stir up some language learning fun!

5. Feed your child tricky sounds!

"Perfect pasta!", "Would you like peas?", "We're having pudding later!"

"Sausage and mash for supper!" "Sip the soup – it's so hot!"

If your child finds certain sounds tricky to say, serve up a generous helping of them with your supper! Hearing them often helps their little ears tune in.

