

Name: _____

Date: _____

3 strikes and you win Mealtime

Language Milestones Targeted

Expressive Language	Receptive Language
Uses 30-50 words regularly	Understands ~ 300 words
Vocab increases each month	Follows simple directions
Imitates words easily	Understands no

What You Need

Your child's favorite foods

How To Play

- During meals, have your child's favorite food handy. This is very important! Your child must want to ask for the food.
- Start your meal normally. Offer a food that your child likes but not their ultimate favorite.
- After a few minutes, show your child their favorite food. For my son, this would be blueberries! Most likely, your child will scream or point to the food. If so, yeah! That is what we want.
- Hold the food near your mouth and repeat the name.
- Wait a moment to see if your child will respond.
- If no response, say the food again as you move it half way to your child.
- Wait for a response.
- If no response, give the food to your child and say the name one more time.
- Then repeat!

Tips

- Finger foods such as berries, crackers, cookies, grapes, or raisins work the best. There are multiple opportunities for practice.

- If your child says the name of the food at any time, give the food immediately and praise your child!
- If your child is extremely frustrated and crying, you may want to only do 2 tries instead of 3.
- Place the food near your mouth as you name them. Your child picks up a lot cues about words by looking at your mouth as you speak.
- Wait time! Make sure you give your child a few seconds, even up to 10 to repeat the word. Don't rush!

Lunch Script: Parent and child are eating lunch together

Parent:	Look what I have! (shows child a blueberry)
Child:	Grunts. (points to blueberry)
Parent:	Blueberry (while holding the blueberry next to his/her mouth and parent then waits 2-3 seconds for a response).
Child:	Pointing and whining
Parent:	Blueberry (offering the blueberry halfway and then waits 2-3 seconds for a response from the child).
Child:	Whining and pointing to the blueberry.
Parent:	Blueberry (for the 3rd time as she gives the blueberry to the child). Good listening!

If your child, at any time, says the desired word, give the object immediately. This method models the desired vocabulary word and provides your child with the opportunity to repeat the word without frustrating him or her. If your child becomes frustrated after 2 models, give the object.

Notes To Parents: _____

Notes To Speech Therapist: _____