

Name: _____

Date: _____

Imitation Skills:Mealtime

Language Milestones Targeted

Expressive Language	Receptive Language
Uses 30-50 words regularly	Understands ~ 300 words
60% intelligible	Follows simple directions
Imitates words easily	

Gestures to Imitate

Eating, Chewing, Picking up food, Feeding, Eating from a spoon

Words to Imitate (Start Easy)

Yummy, Mum Mum, Ahhh

How to Play

While eating, there are many gestures you can imitate such as eating from a spoon, chewing, or picking up food. As your child performs one of these tasks, imitate the gesture. Make it a little funny by being animated to get your child excited about it. At first, the goal is to have your child take turns with the same gesture. Once this happens, you can start to pair the gesture with a sound.

Example Script: Your child imitates drinking from a cup

Child: (drinks from sippy cup)

Parent: (drinks from sippy cup in imitation)

Child: (drinks from sippy cup)

Parent: (drinks) ahhh

Child: (drinks) ahhh

Parent: Yeah! Good Talking!

Tip: It may take many meals to get to this point. The key is to take the pressure off. Just model the speech and gestures instead of forcing your child to imitate.

Notes To Parents/SLP: _____