

Name: _____

Date: _____

Question Time: Meals

Language Milestones Targeted

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

What You Need

Options of food for your child

How To Play

- Before a meal, have a few options of food ready for your child.
- When you start the meal, don't give all the food all at once. Instead, offer your child two choices. Ask a question such as "what do you want to eat?" and then answer your own question with 2 options such as "chicken or fish."
- Show both choices to your child as you name them using simple language.
- Wait a few seconds for a response.
- If your child does not respond but you know which food he/she wants, hold the desired food close to your mouth and say the name again. If your child still doesn't repeat the word, offer it halfway and say the name again. Wait a few seconds for a response. If your child still does not say the name of the food, give it to your child as you repeat the word one more time.

Tips

- Offer only 2 options & use simple language
- Make sure you show the food to your child as you name it

- Ask the initial question and then provide models for 2 possible answers that matches your child's language ability. By offering a choice, your child learns what kind of response such a question requires
- Your child has the opportunity to repeat words which is a great learning opportunity and/or vocabulary review

Lunch Script: What NOT TO DO

Parent: What do you want to eat for lunch?

Child: Pointing and whining

Parent: What do you want to eat?

Child: Whines louder (frustrated!)

Parent: Tell me what you want to eat

Child: Crying

In this script, the parent does not offer choices and the child does not know how to respond. This can cause frustration!

Lunch Script: What TO DO

Parent: What do you want to eat? Tacos (shows tacos in one hand) or pasta (shows pasta in the other hand)?

Child: Child points to tacos

Parent: Tacos (bring tacos halfway to child)?

Child: Smiles and points at tacos

Parent: Tacos (gives child taco)

Child: Taco!

Parent: Taco! Good Talking!

Notes To Parents: _____

Notes To Speech Therapist: _____