

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Meals Game

## Needed Materials

Food and any other mealtime necessities

## How To Play

There are a few ways to use Repeat-Expand-Repeat technique while eating meals or snacks with your child. How you play will depend on your child's current language ability.

To begin this game, start your mealtime routine as usual. When your child says a word, any word including "no," "yes," "please," "milk," etc., expand on it. Repeat what your child says to give validation. Then repeat the word or phrase while adding a word or two (expansion). Wait a few moments to see if your child will repeat your expanded phrase. If your child repeats you, yeah, success! If your child does not repeat your phrase, repeat it one more time and move on.

## Tips

- Don't correct your child's grammar if he/she is less than 3 years of age. Grammar skills develop slowly over the next few years.
- Expand with one or two words only. Keep it simple! If your expansion is too long, your child may not repeat it.
- Give adequate wait time, up to 10 seconds, for your child to respond.
- This technique is beneficial as it gives validation to your child's communication attempts and expands the length of their utterances as well as introduces new vocabulary words.

## Example Scripts

Parent and child are eating lunch.

<b>Child:</b>	<b>“tiken!”</b>
<b>Parent:</b>	<b>Chicken!</b> <i>(parent repeats)</i>
<b>Parent:</b>	<b>Chicken sandwich.</b> <i>(parent expands)</i>
<b>Child:</b>	<b>Tiken ssandwis.</b> <i>(child repeats expansion)</i>
<b>Parent:</b>	<b>Chicken sandwich. Good talking!</b> <i>(parent repeats expanded phrase one more time)</i>

\*Note - This child mispronounces a few words and that is normal at this age. Don't worry about correcting speech!

Parent and child are eating dinner.

<b>Child:</b>	<b>No more</b> <i>(child pushes food away)</i>
<b>Parent:</b>	<b>No more?</b> <i>(parent repeats)</i>
<b>Parent:</b>	<b>No more food?</b> <i>(parent expands)</i>
<b>Child:</b>	<b>No more food.</b> <i>(child repeats expanded phrase)</i>
<b>Parent:</b>	<b>No more food! Good talking!</b> <i>(parent repeats one more time)</i>

Notes To Parents: \_\_\_\_\_

Notes To Speech Therapist: \_\_\_\_\_