

Mealtimes

Growing language at the table

Use action words

Eat, drink, cook, stir,
cut, mix, spread,
crunch, chew.



- Sitting down for a meal is a perfect time to talk, listen, and connect.
- Every mealtime is a chance for your child to hear new words and practise speaking.
- Ask open questions like "What's your favourite thing on your plate?"



chattytoolbox.com
info@chattytoolbox.com

Use key words

Cup, plate, fork, spoon, bowl.

Use describing words

"The banana is **yellow**,"
"carrots are **crunchy**," "the
soup is **hot**," "the juice is
cold."

Repeat key phrases daily

"Time to sit," "let's have a
drink," "two more," "all gone."