

Table Talk

Age: Explorer (8 - 18 months)

This activity helps your child's development in this domain: Language and Literacy

What You Need:



None

What To Do:

1. Make mealtime a time for learning by including your child mealtime conversations.
2. When he is ready to eat solid foods, talk about how different foods look, feel, smell, and taste. For example, "Your poi is purple." "This sweet potato feels smooth." "The papaya smells and tastes so sweet."

Safety Alert: Follow the recommendations of your health care provider (doctor or nurse) about introducing solid foods to your baby. To prevent choking, be careful about the texture and the size of the pieces you give him. Introduce one new food at a time to identify possible food allergies.

