

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 she is ready to eat solid foods, talk about how different foods look, feel, and smell, and taste. For example, "Your poi is purple." "The papaya tastes so sweet." "The rice is really soft."
3. When she is able, let her pick up pieces of food to feed herself, even if it gets messy.
4. Count things, even though she doesn't understand numbers yet. For example, "How many pieces of sweet potatoes are in your bowl? Let's count and see." If you speak more than one language, count in a different language.

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 her. Introduce one new food at a time to identify possible food allergies.



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