

# Family Meal Time

Age: Toddlers (18-36 months)

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

## What You Need:



WHAT YOU NEED:  
Nothing

## What To Do:

1. Turn off the TV and do not answer any phone calls during the meal time.
2. Have your child help you set the table, or put the silverware/chopsticks and napkins in a basket on the table where family members can help themselves.
3. Sit and eat together as a family. Let your child serve herself, if she is able to.
4. Allow everyone to take turns talking about the day while you eat. If you are having breakfast together, talk about your plans for the day.
5. Answer your child's questions. Curiosity motivates children to learn. When your child asks a question, listen and respond, taking this as an opportunity to teach your child.
6. After dinner, have everyone assist in cleaning up, taking their dishes to the sink, wiping their area of the table, etc.
7. Use this time to connect with your child and family members!

