



First Pages Mealtimes



Everyday routines are perfect for learning language and literacy. Caregivers hold the key to turning typical activities into magical learning moments for the young children in their lives.

Try these **responsive strategies** to support language and literacy during mealtimes:



MAKE PREDICTIONS

“What will our cookies taste like?”

BE PLAYFUL

“Oh, no! We forgot to stir the batter! It is still lumpy.”

ASK SIMPLE QUESTIONS

“Where are the eggs?”

MAKE VERBAL REFERENCES

“This says, Frosted Flakes.”

MAKE COMMENTS

“The oven is very hot.”

MAKE SILLY RHYMES

“doodle-noodle
cheese-please
bread-head”

FOLLOW THE CHILD'S LEAD

“I see you reaching. It looks like you want to pour the milk.”

POINT TO IMPORTANT WORDS

“This word says, milk.”

NOTICE SOUNDS IN WORDS

“mmmmilk,
what else has that sound?
mmmmoooo,
mmmmama,
mmmmuffin.”

TALK ABOUT READING CONVENTIONS

“We start reading the recipe here at the top of the card.”



Family, Infant and Preschool Program
of the
J. Iverson Riddle Developmental Center

(C) 2022 Family, Infant and Preschool Program. All Rights Reserved.



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES