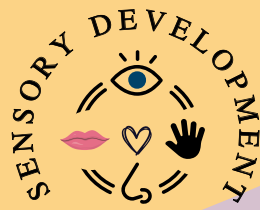




Collaboration with North Carolina Early Learning Sensory Support Program

# RESTAURANTS



## SUPPORTING EXPLORATION AND SENSORY DEVELOPMENT

Children with vision impairments learn best through hands-on experiences. Touching, moving, listening, and interacting with objects and people helps build their understanding of how things work and connect. Everyday routines—like going to the park, visiting the library, or grocery shopping—offer consistent, familiar moments to explore, communicate, and make sense of the world around them.

**P**repare your child by telling them what you are going to do **before** you do it.

### PREPARE THE ENVIRONMENT



- Notice and adjust room lighting and sound.
- To help with lighting: try a hat, sunglasses or use a flashlight for spotlighting.
- Provide wait time for your child to respond.
- Remember to think about using your child’s best visual field.
- Think about opportunities to provide visual contrast.

### WHAT TO SAY

### WHAT TO TRY



“Lots of people are having dinner.”	Walk around and talk about what you see/hear.
“The waiter poured drinks. Here is your cup.”	Hold the cup in the child’s visual field.
“Mmmm, smell the bread and taste it.”	Let your child smell and taste the bread.
“Your favorite food on the menu! Spaghetti!”	Show the menu and point to pictures/words.
“Your food is nice and warm.”	Use hand under hand to help your child feel the heat.
“All done, let’s wash your hands!”	Clean your child’s hands.

### WHAT TO TEACH

### WHAT TO WATCH FOR



- Colors
- Textures
- Mealtime objects
- Object locations
- Food names
- Different noises (chairs scraping, ice clinking, plates sizzling)
- Greetings

- Becoming very still
- Licking their lips
- Widening eyes, eye contact, facial expressions
- Reaching or pushing away
- Making or imitating sounds or words

**E**nd restaurant outings the **same** way each time so your child learns when they are done.



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

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