

Early Language in everyday activities

Snack Time

Pretend play

Snack time is a lovely way to start introducing the beginnings of pretend play by including a doll, teddy or other toy that you can feed. Either with an empty spoon/pretend food or with some of the real food.

Turn taking

You can also include some turn taking – some for you, some for teddy.



Offering choices

Snack time is a great time for offering choices. You can hold up the item near to your face/mouth at the same time – “Do you want apple (hold up) or banana? (hold up). Emphasise the food word. Your child doesn't need to say the word, accept however they indicate their choice e.g. pointing to or reaching for the one they want. Then say the word a few more times as you give it to them. Repetition is really helpful. “apple, you want apple, ok here's some apple, yummy apple”

Requesting more

To encourage your child to initiate communication with you or use their language you can encourage them to indicate they want “more”. Break the snack up into pieces rather than give it to them entirely and when they have finished a piece ask if they want “more?” You can use pointing or the sign for more (see below) and support them doing it with their hands if they have not yet got many spoken words. Or see if they can begin to say more if you model it to them each day. If they have single words and can use ‘more’ you could extend it to more and the food eg. “more grapes” or “more banana mummy” etc. Over time you could pause and see if they ask themselves in whatever way they are able to without you asking them first. Wait expectantly to see what they do!

Suggested Books to support snack time

The Very Hungry Caterpillar (Eric Carle)
Spider Sandwiches (Claire Freedman)
Chocolate Mousse for Greedy Goose (J Donaldson)
The Tiger who came for Tea (Judith Kerr)
Handa's Surprise (Eileen Browne)

Tip: You don't have to 'read' the books, you can enjoy looking at the pictures, or making up your own stories!

Suggested rhymes to support snack time

6 Fat Sausages
Little Miss Muffet

(words of the rhymes are included on page 2)

Tip: Have a go at changing the words of the rhyme to fit in with what you are eating! Experiment with words.



Tap twice

To eat



Flat hand, palm down, covers top of other fist.

More



Why not pay a visit to your local [Library](#)! Southampton Library Service are working together with the Speech & Language Consultant to offer a supply of suggested books in local libraries. **Anyone can join the library – it's free! Call in to your local library or join online: [Southampton | Libraries](#)**
(please have ID with you to get your Library Card)

You can borrow up to 20 books each time and swap them as often as you like. SCC Libraries don't charge for any damage to books by children and there are no fines for late returns.

Reading with your child is a great way to encourage speech, language and listening skills,
and visiting the library together is a free and fun activity!

Six fat sausages sizzling in a pan



Six fat sausages sizzling in a pan

One went 'pop' and the other went 'bang'

Now there's four fat sausages sizzling in a pan

Four fat sausages sizzling in a pan, four fat sausages sizzling in a pan

One went 'pop' and the other went 'bang'

Now there's two fat sausages sizzling in a pan

Two fat sausages sizzling in a pan, two fat sausages sizzling in a pan

One went 'pop' and the other went 'bang'

Now there's no fat sausages sizzling in a pan.

No fat sausages sizzling in a pan, no fat sausages sizzling in a pan.

[bbc.co.uk/tiny-happy-people/six fat sausages](http://bbc.co.uk/tiny-happy-people/six-fat-sausages)

You can put your finger in your mouth to make a pop and clap your hands for bang or do clap for pop and bang the table for bang to make it more fun and interactive

Little Miss Muffet

Little Miss Muffet

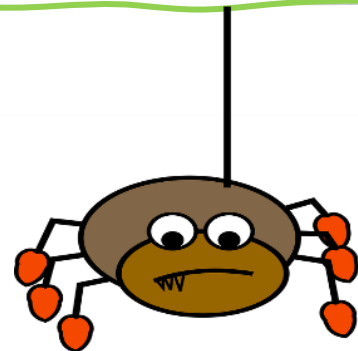
Sat on her tuffet

Eating her curds and whey.

Along came a spider

Who sat down beside her

And frightened Miss Muffet away.



[bbc.co.uk/tiny-happy-people/Little Miss Muffet](http://bbc.co.uk/tiny-happy-people/Little-Miss-Muffet)

You can do a pretend spider and tickle your child to make it fun, once they have finished eating!