

Meal Time with Preschoolers

Play with your preschooler

- Cooked, cooled spaghetti noodles are a fun way for children to form letters and shapes.
- When using a cookbook or a recipe card, let your child look at it with you.
- Read *Green Eggs and Ham* and make it for a meal with a dash of green food coloring.
- Make words and spell names with ABC refrigerator magnets.
- Put sugar on a cookie sheet so children can draw or write letters with their fingers.
- Have a tea party where children can help set the table and practice manners.
- Let your child watch you write out the grocery list or to-do list.

Talk and rhyme with your preschooler

Give me a P, give me an I
I've almost got my pizza pie!
Two Zs and one A
We'll have pizza today!
Here's the sauce, here's the cheese,
Would you pass the pizza, please?

Sing with your preschooler

(Sing to the tune of *Row Row Row Your Boat*)

Wash, wash, wash your hands,
Soap will make them clean!
Scrub the germs 'til they fall off,
Germs go down the drain.

