

Meal Time with Toddlers

Play with your toddler

- Let your toddler pour a cup of dry cereal from one plastic cup to another. Use the cereal for counting and sorting.
- Put a surprise treat for your child to discover in a cupboard or drawer.
- Make tapping rhythms with wooden or plastic spoons. Tap fast, slow, loud and soft.
- Let your child smell various foods like an orange, a cookie or cheese and talk about the differences.
- Use pudding on a cookie sheet or table for finger painting.

Talk and rhyme with your toddler

Wash the dishes, wipe the dishes

Ring the bell for tea (pretend to ring bell)

Three good wishes, three good kisses

I will give to thee (clap hands as verse is recited, then kiss child three times)



Sing with your toddler

Sing to the tune of “Frere Jacques:”

Time for lunch, time for lunch,
Let's get ready, let's get ready.
I'm getting hungry, I'm getting hungry.
How about you? How about you?

Wash your hands, wash your hands,
Before we eat, before we eat.
We should have clean hands, we
have clean hands.
When we eat, when we eat.