

Kitchen

Talking activities with toys



Talk about what you and your child are doing

As a parent or caregiver, you play an important role in your child's language learning. Turn playtime with toys into back-and-forth interactions and help your child build their language. When playing together, talk about what you and your child are doing. Try these activities in your language.



With your baby

- Give your baby plastic bowls and spoons. Take turns banging the spoon on the bowl like a drum. Say words like, "Bang, bang, bang" as you drum.
- Hide small items like spoons or toys under bigger containers and play peek-a-boo. Take turns trying to find items and name the items as you find them.



With your toddler

- Pretend to cook with your child. Use toy pots and play food, or plastic containers, old spoons, and empty food boxes. Ask your child to make you something to eat, like soup, cake, or breakfast. Pretend to wash the dishes.
- Talk while you play. Make lots of cooking noises together like, "Beep, beep," "Pshhh," or "Sizzle, sizzle." Describe the food with words like hot, soft, or crunchy. Talk about how the food tastes with words like salty or sour.



For more information scan this QR code or visit: ahs.ca/talkbox



With your preschooler

- Pretend to visit a restaurant or go through a drive-thru. Help your child make up a menu. Write the words, draw pictures, or cut out pictures of food from flyers and glue them onto the menu. You and your child can be the cook, server, or customer. Ask your child questions to help connect to what they already know about restaurants. Ask, "How do we order our food?"
- Pretend to have a dinner party for your child's stuffed animals. Help your child make invitations, plan a dinner, and pretend to make the food. Encourage your child to problem solve by asking questions like, "We ran out of food. What should we do?"



Where to get help

Speech-language pathologists can help. Learn more at ahs.ca/pedrehab.

Another way to learn about the kitchen is to let your child help with mealtime. They can help wash fruit, toss a salad, or open a container.

