Connect with Conversation

Support Positive Mealtimes

Meal and snack times are social times. Talking pleasantly with children creates relaxed meal and snack times. This can help you connect and build relationships.

Focus on enjoying each other's company. Avoid pressuring children to eat certain types or amounts of food. Listen to them when they say they are full.



Engage children in friendly conversation and lead by example to promote positive meal and snack times. This can help children learn language and social skills. Children can practice talking, taking turns, sharing, and saying please and thank you.

Try these tips:

- ✓ Sit together at meal and snack times.
- ✓ Enjoy friendly table talk with children.
- ✓ Use children's names when you are talking to them.
- ✓ Watch and respond to children's cues.
- ✓ Talk about what the children are interested in.
- ✓ Take turns listening and talking. Give children time to respond.
- ✓ Use simple sentences.
- ✓ Expand on children's word(s) to build sentences.
- ✓ Make comments or ask questions about what the children are saying.
- ✓ Ask questions that need more than a 'yes' or 'no' answer.

Get started with the conversation cards below.

- Print these cards and cut them out, so they are ready to use.
- Use the blank cards for new ideas. Write your own or think of ideas with others.

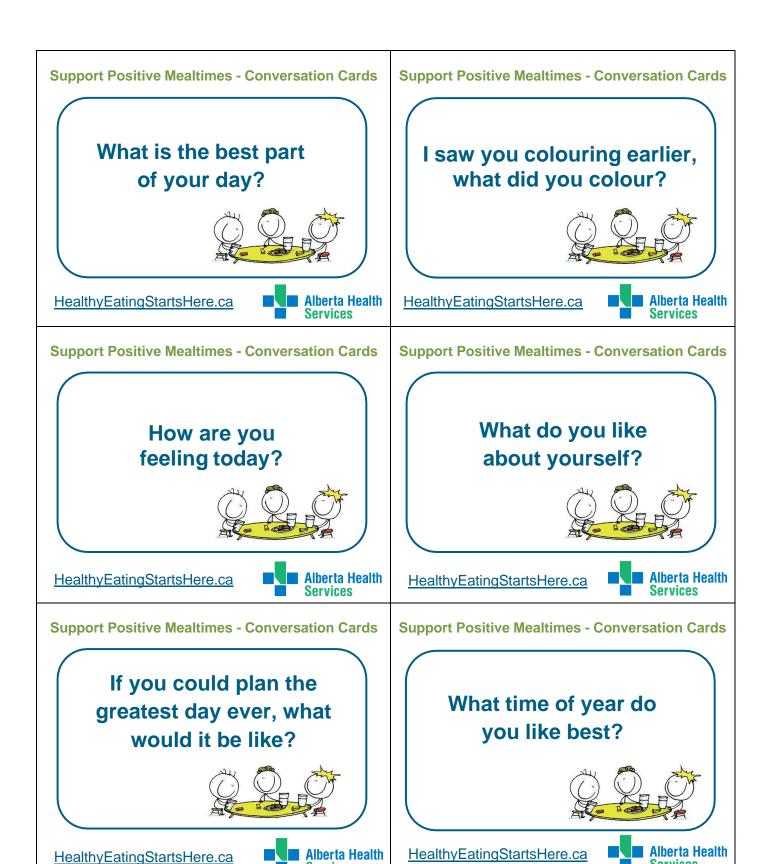












Services

Services

Support Positive Mealtimes - Conversation Cards

What do you like to do with your family?



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Support Positive Mealtimes - Conversation Cards

What place do you like best?



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Support Positive Mealtimes - Conversation Cards

What shapes or colours do you see in the room?



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Support Positive Mealtimes - Conversation Cards

What makes you feel better when you are sad or upset?



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If you could be an animal, what would you be and why?



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Support Positive Mealtimes - Conversation Cards

What is the best thing about being __years old?



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Support Positive Mealtimes - Conversation Cards

What celebration do you like the most?



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What is one thing you wish you knew how to do?



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Support Positive Mealtimes - Conversation Cards

What is your favourite game to play?



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Support Positive Mealtimes - Conversation Cards

What is the funniest thing that happened to you this week?



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Support Positive Mealtimes - Conversation Cards

If you could have a superhero power, what would you have?



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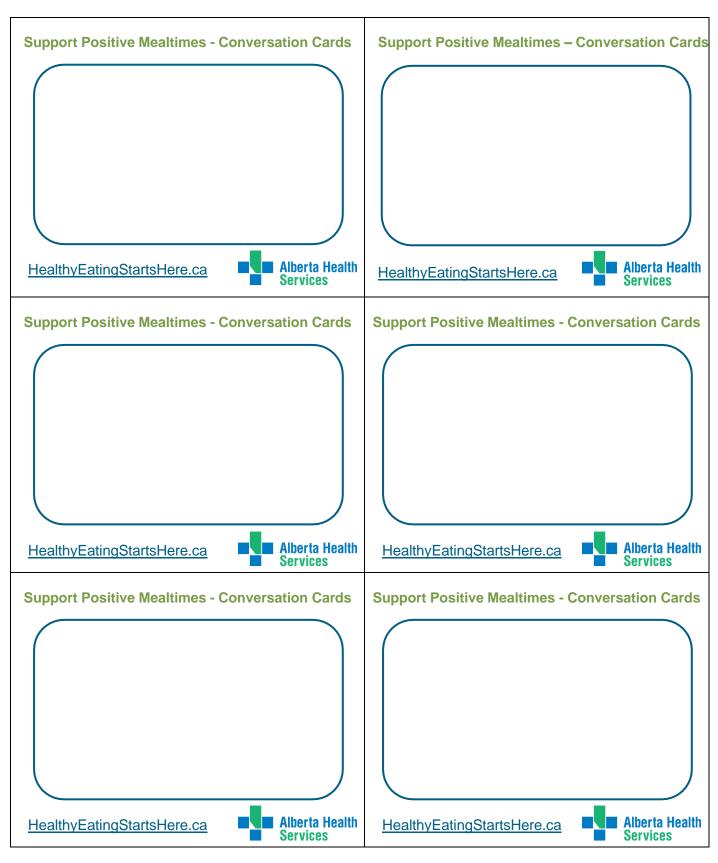
Support Positive Mealtimes - Conversation Cards

What do you like about winter?



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(Jan 2022)

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