

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.



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Support Positive Mealtimes - Conversation Cards

What did you play
this morning?



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What did you do
last night?



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What do you like to
play outside?



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What did you like best
about the story we
read today?



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If you could have any
animal in the world as a
pet, what would it be?



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What are you
thankful for?



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I saw you building
with blocks,
what did you build?



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How do you help others?



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What is your
favourite book?



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What are 2 activities
you like to do?



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What makes you happy?



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Tell me about your pet.



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What is the best part of your day?



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I saw you colouring earlier, what did you colour?



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How are you feeling today?



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What do you like about yourself?



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If you could plan the greatest day ever, what would it be like?



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What time of year do you like best?



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What do you like to do with your family?



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What place do you like best?



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What shapes or colours do you see in the room?



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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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What is the best thing about being ___ years old?



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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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What is your favourite game to play?



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



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



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What do you like about winter?



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