



Talk together!

Pleasant talk creates relaxed meal and snack times and builds relationships. Children can practice language and social skills, and learn about food and eating. Try these tips:

- Eat together.
- Talk about things your children are interested in.
- Take turns talking and listening.
- Make comments or ask questions about what your children are saying.
- Ask questions that need more than a 'yes or no' answer.



Ideas to start talking:

- What was the best part of your day?
- What is your favorite animal? Why?
- What does a _____ taste like?
- What shapes/colours are on your plate?
- What celebration do you enjoy the most?
- What is the best thing about being ___ years old?

***Cook Together.
Eat Together.
Talk Together.***

For more ideas try these [conversation cards](#) and visit [Healthy Eating Starts Here.ca](http://HealthyEatingStartsHere.ca)

This is general information and should not replace the advice of your health professional. Alberta Health Services is not liable in any way for actions based on the use of this information. Licensed under the Creative Commons Attribution-Non-Commercial-No Derivatives 4.0 International License. Contact NutritionResources@ahs.ca © Alberta Health Services (Dec 2018)

