

# Talk Together



Enjoy friendly table talk to make meal and snack times pleasant and relaxed.

This can help you connect and build relationships, while children practice language and social skills.

## Try these tips

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

## Ideas to start the chat

- What did you play this morning?
- I saw you play with blocks, what did you build?
- What was the best part of your day?



For more information:

Visit [AHS.ca/HealthyEatingStartsHere](https://AHS.ca/HealthyEatingStartsHere), and for more ideas, visit [Connect with Conversation](#)

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