



Preschool Kindergarten Readiness At Home Activities for Families: Mealtime Conversations

Meals give families a chance to initiate conversations that encourage children to notice, describe and share things. These discussions should be natural and relaxed and begin once everyone is served and ready to eat.

Literacy Focused Conversations

Alphabet or Phoneme Initiate an "I Spy" game that starts like, "I spy something that starts with the letter "b" or the sound "br". If your child has difficulty guessing give them additional clues. Encourage each family member including your child to be the leader.

Name Recognitions Describe your child's letter symbol (a symbol that connects with the sound and letter of your child's first name) and ask your family to guess such as "This person's symbol is an animal." "This animal has sharp teeth." "The animal starts with a /b/." After the family understands the game they may want to give the clues.

Segmentation Give your child practice in dividing words into parts by calling names in syllables in a "sing-song" inflection such as "Gab-ri-ele, please pass me the juice"

Alliteration Give your child practice in finding words that begin with the same letter by adding an alliterative word to something you are asking for such as "Gabriele, please pass me the jungle juice". Encourage your child to find alliterations for other things they see.

Rhyming Give your child practice in finding words that end with the same sound such as "Gabriele, please pass me the loose juice". Encourage your child to find rhymes for other things they see.

Sound Discrimination begin by commenting on a sound you hear in the room, then encourage your child to talk about the sounds they notice.

Vocabulary Use and discuss words for foods and kitchen tools that may not be familiar to your child.

Math Focused Conversations

Number Initiate a conversation about the number or quantity of food your child is eating or serving themselves. If your child wants another serving of something, involve them in figuring out how to divide what's left so everyone could have seconds if they want.

Shapes and Colors Play an "I Spy" game where you say something like, "I spy something round (or red)". If your child have difficulty guessing give them additional clues. Encourage your child to be the leader of the game.

Position Words Begin to describe the positions of meal items and people by saying, "You put your cheese on top of your bread." or "You're sitting between Misha and Victor." Encourage the children to continue the game.

