

COOKING WITH YOUR PRESCHOOLER

FOR LANGUAGE

Cooking, preparing snacks and meals, and baking are fun ways to encourage language and learning concepts. It also helps teach sequencing and following directions.

Vocabulary and Concepts to target:

Action words: cut, tear, squeeze, mix, pat, push, stir, mash, scramble, shake, spread, pour, peel, blend, open, close, turn, smell, touch, taste, eat, measure, fill, sprinkle, scoop, etc.

Concepts: first, then, next, a little, a lot, hot, cold, warm, smooth, lumpy, too much, not enough, more, less, in, on, off, out, wait, etc.

You can find simple kid friendly recipes online. Some ideas are baking cookies or cupcakes, English muffin pizzas, mac & cheese, fruit salad, snacks, like pudding. You'll find lots of cute ideas on Pinterest.

Give your children simple chores like setting the table and cleaning off the table whenever possible or appropriate for their level of development or age. Kids usually like having jobs. Praise them for their efforts.

Reading Books

Having a **daily Story Time** is a great way to spend time with your child and facilitate speech and language skills while they are home from school.

Pick a book on a topic of interest for your child or try something new.

Name items and actions in pictures

Ask simple questions after reading each page or just after a sentence. You can simplify the story if there are too many words on a page.

After you read, you can draw a picture about the story. Try to have your child recall events from the story. You might even find pictures to color related to the story or theme.

Children typically like reading the same book over and over. You can have your child pretend to read the story to you or a sibling. See if they remember information in the story. You can ask questions to help them along.



FUN VOCABULARY ACTIVITIES:

-MAKE A COLLAGE

If you have old magazines, have your child make a collage.

Help your child find and tear out or cut out pictures of animals, food, toys and clothes, etc...pick one category at a time.

Once you have the pictures, name them again and have your child glue them on paper.

Hang up the pictures. See if your child can name them. See if your child can point to the ones you describe.

Make another collage on another day.

-PLAY HIDE AND SEEK

Hide a stuffed animal or toy or multiple ones, all around the house and have your child find it. Then have them tell you where it was using spatial words like in, on, under, next to, in back, in front.

You can take turns hiding the toy. When it's your time to find it, try to trick your child by using the incorrect word and make it fun. See if they can catch you and tell you the correct spatial term. If you have other children, they can take turns too.

