

Recipe Steps:

1. Pick a simple recipe (Or add miscellaneous ingredients into a bowl)
2. If possible, have toys that resemble the cooking supplies
 - Or give your child safe real materials
3. Decide what words or phrases you would like to target with your child
4. Use the provided strategies throughout your cooking session to elicit communication from your child



Techniques

Modeling – Hold objects close your mouth and say the target word. Having them make eye contact with you will draw their attention to you and help with imitation

Descriptive Play – Describe what your child is doing as they are doing it . For example, you might say: “You are putting the flour in the bowl”

“More” – Give your child only 1-2 pieces of something or give them less of what they need. This will encourage them to ask for more

Repetition – When your child wants a certain item (or you are giving them an item) model the word 2-3 times before proceeding. After you model the word 3 times, give them what they want

Adapted from TEIS Rack Card 10 Top 10 Strategies to help your child learn to communicate



RECIPE FOR LANGUAGE



Ingredients

Adjectives: Big, Small, Cold, Hot

Prepositions: In, On,

Nouns: Mommy/Daddy, Spoon, Bowl, Cup, Food, Drink, Mouth, Fingers, Hands, Belly/ Tummy

Social Words: More, Please, Thank you, All Done, Help

Verbs: Want, Drink, Eat, Clean Up, Mix, Stir, Shake, Pour, Dump

Common First Words Adapted from: *The Rossetti Infant Toddler Language Scale (2006)*

Possible Incorporations:

In addition to the cooking, incorporate other strategies to encourage language development.

Going Shopping

- Line up empty boxes or toy foods and have your child “go shopping” for foods they want or like

Singing

- Incorporate familiar songs or sound effects into your cooking routine. For example, using “Clean up” song when the activity is finished

Daily Routines

- If a cooking session is too complex or time consuming, the provided techniques can be incorporated into other daily activities such as snack time, brushing teeth, dressing etc.

Phrases To Target:

- All gone
- Put it in
- I am hungry
- All done
- This is hot/cold
- Next is...
- More Please

Developmental Skills to Target

- Sound Imitation
- Fine and Gross Motor Skills
- Comprehension
- Turn Taking
- Following 1-2 Directions
- Story retelling / Sequencing
- Numbers and Counting
- Colors, shapes, and sizes



Helpful Online Resources

<https://www.zerotothree.org>

<http://www.asha.org/public/speech/development/Parent-Stim-Activities.htm>

<http://mtbt.fpg.unc.edu/more-baby-talk/10-ways-promote-language-and-communication-skills-infants-and-toddlers>

<http://www.talk.ku.edu/materials/>