

Mealtime Conversation Starters For Tots and their Families

According to Ellyn Satter, “Children need to be included in mealtime conversation, but they don’t need to be the center of attention. Talk with your child a bit, then talk with others at the table. If your child knows he/she will be included in the conversation, he/she will enjoy listening and will learn from it.” Try using these conversation starters . . .

INSTRUCTIONS: Cut cards on lines. Put on table in a small cup or bowl. Choose one card at a time for enjoyable family conversations.

<p>If our family could have any animal in the world as a pet, what would you like to have? Why?</p>	<p>What is the nicest thing you did for someone today? What is the nicest thing that someone did for you?</p>
<p>What foods on the table are crunchy? What foods are chewy? What foods are sweet? What foods are spicy?</p>	<p>If you could be any kind of food, what would you like to be? What would be fun about being that food?</p>
<p>What is one of your favorite colors? Do you see anything on the table in that color?</p>	<p>What was the weather like outside today? What do you think the weather will be like tomorrow?</p>

<p>If you could be any animal in the world for a day which animal would it be? Why?</p>	<p>What are your favorite breakfast foods? Your favorite lunch / dinner foods? What are your favorite restaurant foods?</p>
<p>What would be your favorite thing to do for your next birthday? Why?</p>	<p>Please share your favorite make-believe story with us.</p>
<p>What made you smile today (laugh, giggle, feel, feel happy)? Why?</p>	<p>What is your favorite storybook? Why?</p>

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