

Let's Talk About Touch & Feel Mealtimes



Each picture shows a child eating. Talk about the expressions on the children's faces as they eat.

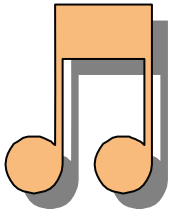
Look at the food in the pictures. Does your child like to eat some of these foods?

Make sure your child is holding this book as you read it together. Touch each page. Repeat the word given to describe each texture.



Can your child find the pictures of a bowl, a cup, or a spoon?

Let's Play With Rhymes



Acka Backa Soda Cracker

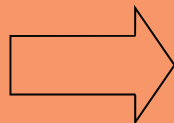
(This knee bouncing rhyme is useful to get a child into a highchair or car seat. Lift your child up with "Up goes you" and buckle her in with "I love you" and a hug or kiss.)

Acka backa soda cracker

Acka backa boo

Acka backa soda cracker

Up goes you

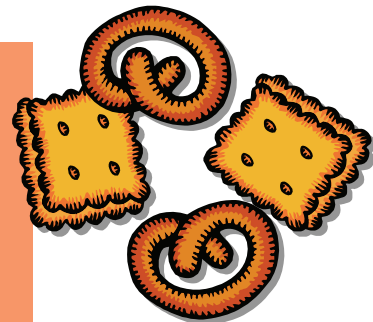


Acka backa soda cracker

Acka backa boo

Acka backa soda cracker

I love you!

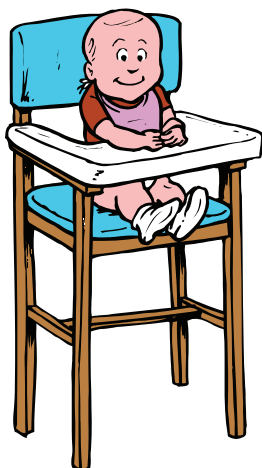


Note to Parents & Caregivers

An adult can just look at a book, a box, a pillow, etc. and guess how hard, soft or heavy it is. A very young child is still unable to do this. He needs to handle and mouth objects to understand them completely. Texture books teach children the words to describe things they touch.

Touch is important to a child's learning.

Let's Create



Guessing Game

While your child sits in his high chair, have him cover his eyes with his hands. Place a food item on his tray. It could be a few cooked spaghetti noodles, a piece of cheese, a slice of cucumber...

Can he guess what it is by feeling it? *Or*
Can she say one word to describe what she is touching?
(sticky, cold, slippery)



After guessing, have her open her eyes. She may want to eat the food she has found.

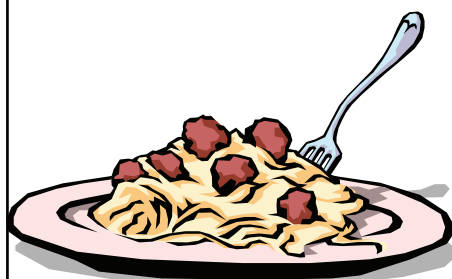
Let's Be Together

After reading the book, talk with your child about their favourite meals or snacks.

Ask your child:

What food tastes yummy?

What food smells good?



Who makes meals and snacks for you?

Do you like it when we eat together?

Children have small stomachs. They need to eat smaller amounts of food more often. Fitting children into a family mealtime routine isn't easy, but routines help children feel confident. Routines help them to know what to expect throughout the day.

It is common for a young child to repeatedly drop a spoon or cup of milk from their highchair. She is experimenting with the sound or splash it makes when it hits the floor. She is also checking out your reaction.

Through your patient firmness, and modeling of good table manners she will grow beyond this stage.

**Routines
help
children
feel
confident.**



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