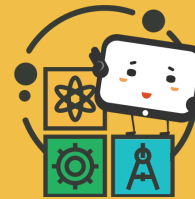




DAILY ROUTINE EXPLORATIONS WITH YOUR YOUNG CHILD

Preschooler Mealtime



Every child is different, and these are only suggested adaptations. Do what works best for encouraging your child's independent exploration of the suggested activity.

AGES: 3-5 STEM

Mealtimes are a great opportunity to support STEM learning. Help your preschooler explore STEM concepts and words as you introduce technological concepts (also known as computational thinking), such as sequencing (e.g., first, then, next).

STEM IDEAS/WORDS


Sequencing
(first, then, next, finally, before, after)

Numbers & Counting

MATERIALS

 Plates/ bowls & utensils

 Cup/ container

 Different food choices

ADAPTATIONS



ENVIRONMENT:

- To help position your child, use pillows, stacking boxes, or reams of paper to support their feet



MATERIALS:

- Use handled sippy cup for easy grasping
- Place an anti-slip mat below the plates/ bowls so they do not move
- Use long/bigger handled utensils for easier grasping
- Use a deep plate or a plate with a raised edge to support scooping



INSTRUCTION:

- Create and use a First/Then visual board with picture cards of the foods (see next page)

ASK QUESTIONS



What are you going to eat first? Next? Last?



What are you going to do after (mealttime)?



Which food do you think (name) is going to eat next?



Follow your child's lead and interests. Enthusiastically ask your child questions about what they are doing and what they like.



Answer your child's questions. If you do not know the answer, work together with your child to discover the answer.

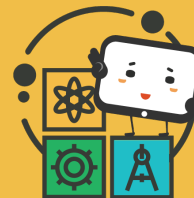


Encourage your child to participate in the activity as much as possible. Praise your child's efforts and successes.



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AGES 3-5 STEM

**Use
visual
cues
to
signal
next
steps**

First

Then