

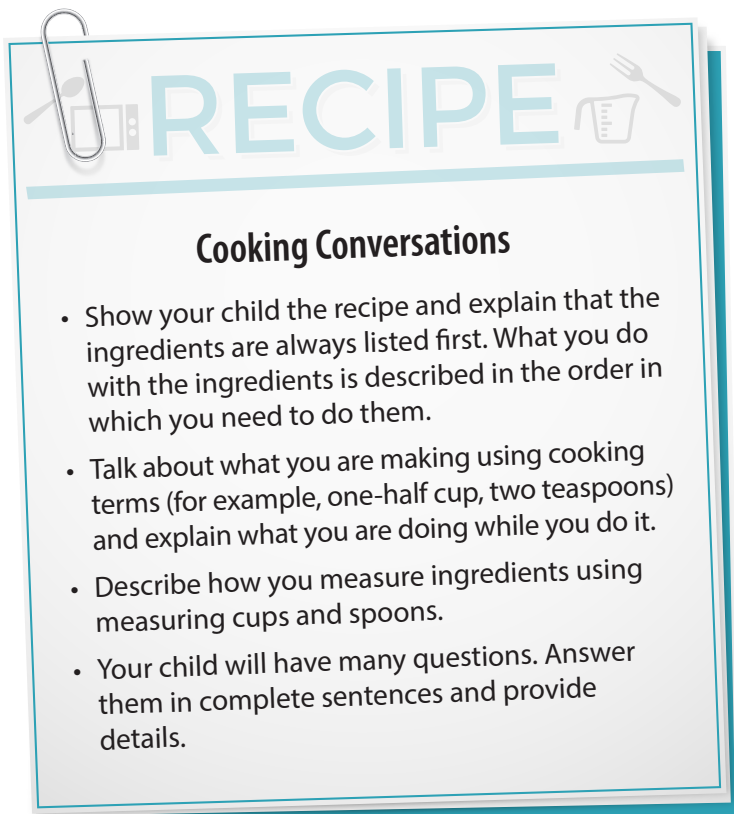
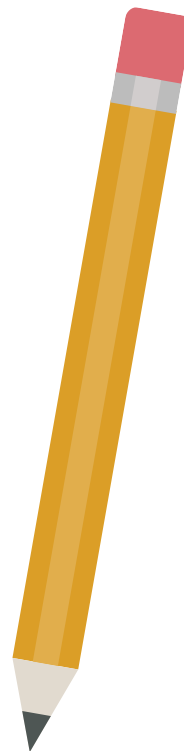


## Dinner Table Talk

Engage in extended conversations at the dinner table. Share stories about your day. After you ask your child a question, follow up with more questions to encourage your child to provide details.

Examples:

- What ingredients did we use to make this meal? How did you help me make this? What did we do first? Then what?
- What was your favorite part of school today?
- What was hard for you today at school?
- Tell me about your daily routine at school. What do you do first? Then what do you do?



## Writing in the Kitchen

- Make a grocery list. Plan meals together for the next week and write down what you will need from the grocery store to make them.
- Make to-do lists for errands you need to run or chores you do around the house.
- Make labels for food containers.
- Create a list of important phone numbers and put them on the refrigerator.
- Draw and write birthday cards, invitations, thank you notes, and "just because" notes to neighbors, friends, and loved ones.
- Write your own recipes!