

AACS Speech –Language Pathologists Series



**Supporting the
Special Needs
Community from
birth through life**



**Doing Great Things Since
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Cooking Up Language Activities



Roll and cut (can use sugar cookie or make your own) refrigerated cookie dough is like playing with playdoh with added bennies! You can use cookie cutters of things that your kids are interested in or seasonal ones. Playing with, touching and tasting food can help a child to incorporate new words into their vocabulary. Concept words like "in," "on", and "more" can be used as well as words for actions: stir/mix, scoop, words for temperatures: oven=hot, water=cold and labels for easy ingredients: sugar, water,

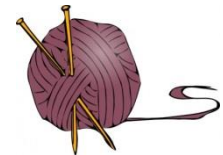
(chocolate)chips.

Cooking doesn't have to involve an oven. Try making a snack like "dirt," layering pudding, crushed Oreo cookies and whipped cream, and even add in a gummy worm. Prepare a fruit salad with your child naming the different fruits, mixing and serving to the family. Simple food recipes can be a great way to work on direction following. Any fun activity during the day can be a good conversation starter that night to try to get your child to share ideas. Shaking instant pudding is easy and fun and good for following directions, sing "shake your sillies out". Getting your child involved in making food is likely to make them more interested in tasting it. Give it a try!

Menu planning - what does (each family member) like and not like? This is a good activity at the grocery store. You can do names, possessives, recall/ review (can even use a list with pictures). "Where do we find the ____?" with familiar ingredients. Can make it silly, e.g. "Where do we keep the milk?" "in the bathroom?"

Dry goods you have around your kitchen can occupy kids in play. Try some boxes of dry noodles. Depending on size and shape, you can stack them, dump them into a bowl and stir them, even sort them by size or shape or color. And with a piece of yarn and some help, you can string them for added fun.

If your child has difficulty telling you what food they want, one way to help out is to use pictures. Pictures from a circular or off of food labels can be put together into a photo book, or stuck up on the fridge with magnets, so your child can make choices and give you a chance to talk about their choice when they're pleased they could show you, rather than when they're frustrated because they can't express their wants.



Some oral motor activities can be fun, and they may be related to improving tongue and lip control or oral awareness. Line raisins or cereal pieces up near the edge of a clean table. Take turns with your child trying to pick them up with your tongue - no hands - or with puckered lips. Be careful, all the downward facing may encourage drool, and can be a chance for you to talk about having to suck up and swallow drool, or being aware that a face is wet with some extra drool. Lick

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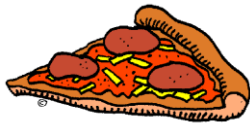


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peanut butter or pudding off of the back of a spoon or suck applesauce through a straw. Whip up a thick smoothie and drink it through a straw.



Families can practice sequencing and following directions with cooking. Fun food ideas would be making a sandwich, pizza, or ants on a log. Using pictures that actually show the child the next step would be helpful. You could take photos and make your child a personal cook book of each step in the process.

Children love to use the hand mixer! Take turns with the mixer, using "on"/"off", "go"/"stop", "your turn"/"my turn", "fast"/"slow", "a little bit more", etc.

After you bake with your children, have a tea party, enjoying tea and cookies together. Use words like tea, honey, sweet, pour, stir, hot, sip, a little bit, a lot, one more, yummy, messy, wipe, clean, etc.

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