

Supporting Developmental Parenting During *Mealtime Routines*

Learning Objective:

- Learn how others have used the ASQ Learning Activities with families
- Understand how the ASQ Learning Activities support the ASQ-3 Screening
- Develop Mealtime Routines Activity Webs

Tying it All Together

Three, Four and Five Year Old's:

- Themes
- Opportunities for Practice
- Anticipatory Guidance

Fine Motor Activities



Meal Preparation Video



- <https://illinoisearlylearning.org/videos/videos-parenting/pizza/>

Have you downloaded the ASQ Learning Activities and the ASQ3 Appendix F to your computer?

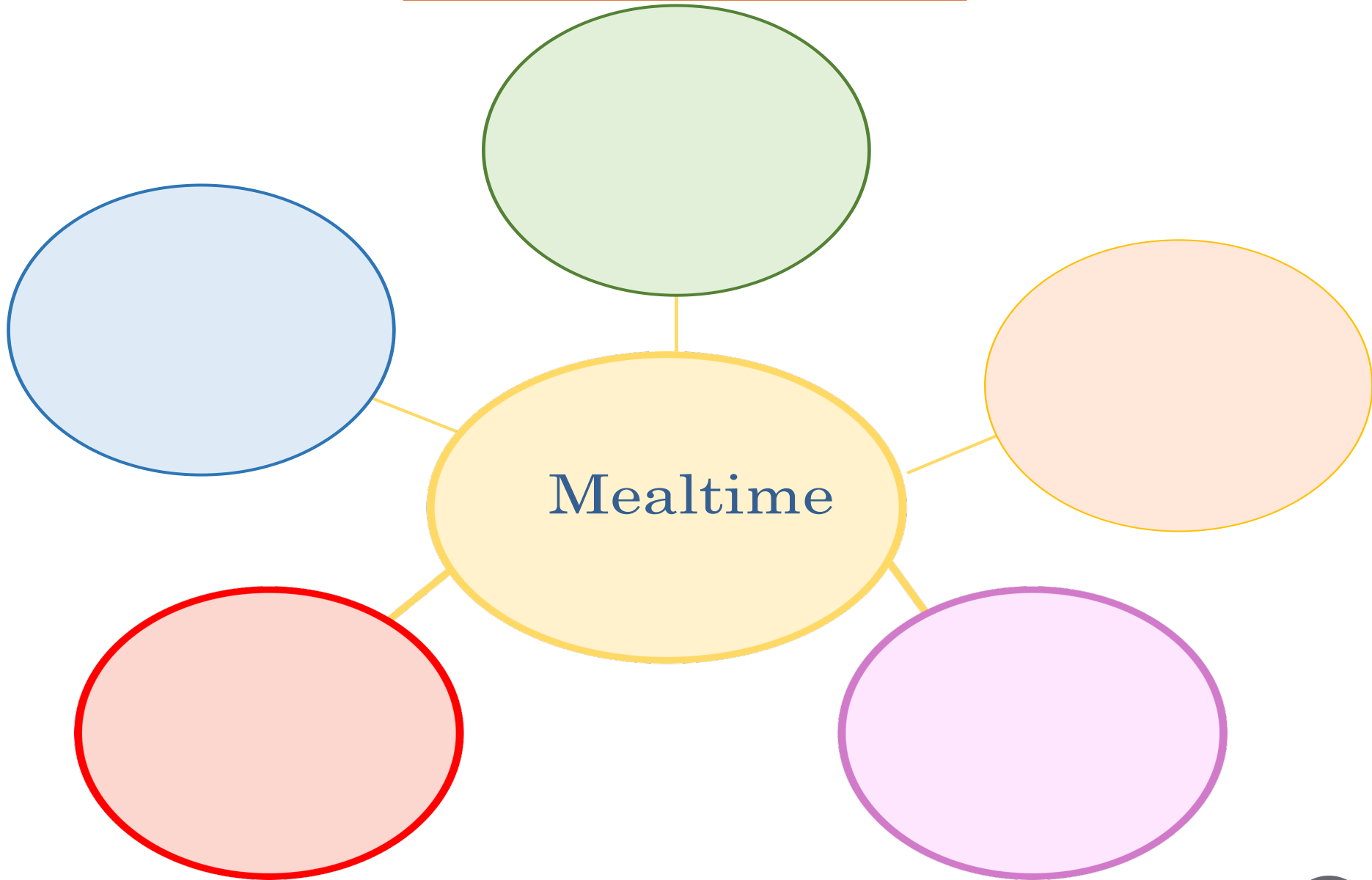
Yes **A**

No **B**

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Activity Web



Activity Web

Mealtime Birth - 6 Months

Gross Motor:

While cradling your baby while feeding him a bottle, switch sides to strengthen the neck and help prevent him from developing a head turn preference.

Personal Social:

Let your baby grasp your finger as she nurses. Tell her how strong she is. Softly touch her cheek, forehead, or tiny ears. Look her in the eyes and tell her how special she is.

Fine Motor:

Place safe items with different textures in the baby's grip such as a spoon or washcloth. Encourage older baby to touch your lips. Kiss his fingertips.

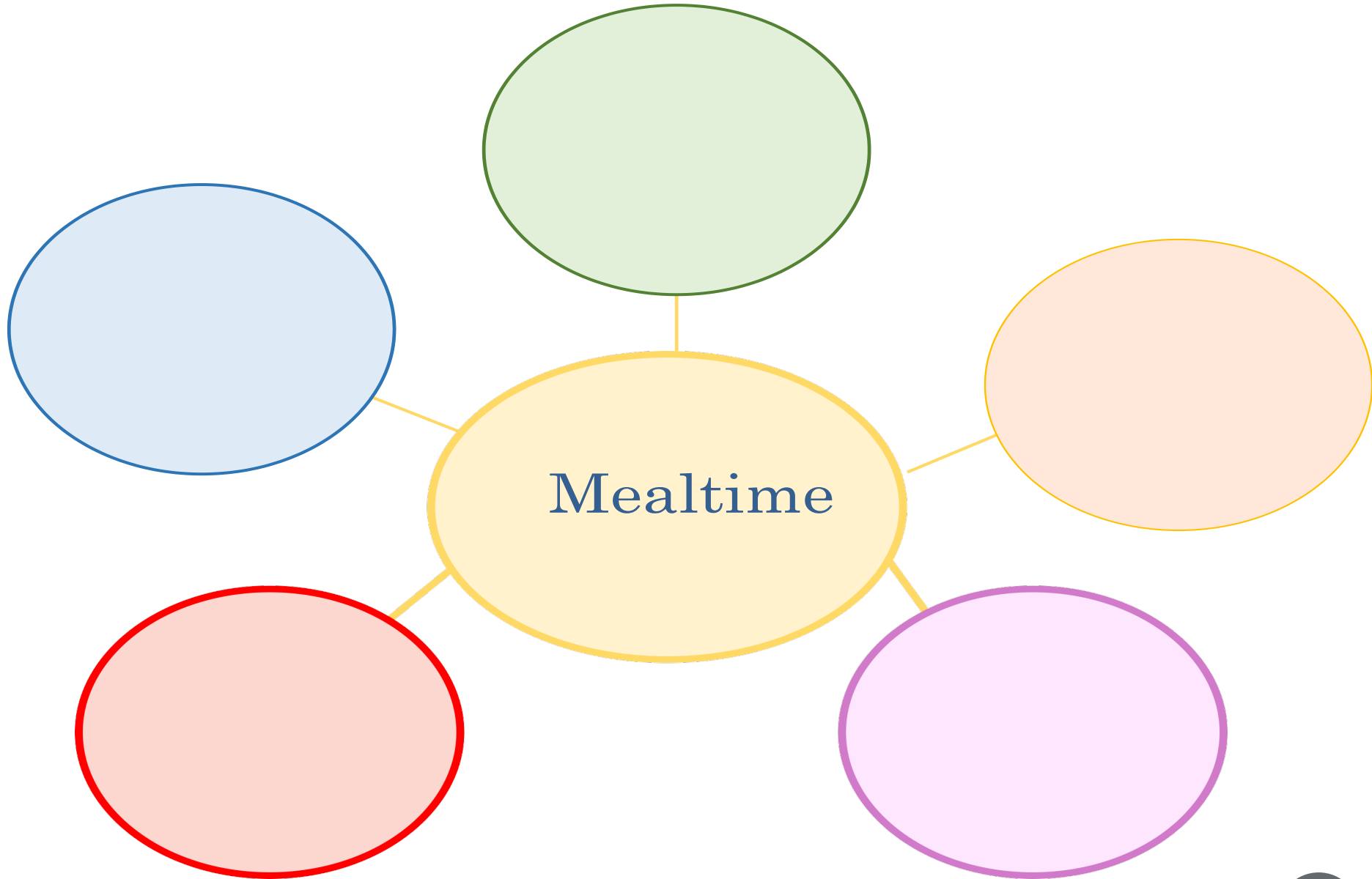
Communication:

When feeding infant, hold baby close to skin of your chest and gently hum a tune or sing a lullaby adding your baby's name.

Problem Solving:

Put a drop of mint or vanilla on a tissue or cotton ball. Gently wave these smells near baby. "MMM, it smells so good."

Activity Web



Activity Web

Mealtime 36-48 Months

Gross Motor:

Make an adventurous path to the table. Use a rope or string to make a "path" that goes under the table, around the chair, and along the wall. Walk our child through the path first, using these words. After she can do it, make a new path or have your child make a path.

Personal Social:

Let your child help you bake cupcakes. He can sift, pour, and stir as much as he is able. Let him spread icing with a plastic knife. Talk about who the cupcake is for. Place it on a napkin and write that person's name on the napkin. Let your child share the special cupcakes.

Fine Motor:

Buy a few fresh peapods at the market. Show your child how to find the peas inside the shell. Give him a few in a plastic container to shell for himself. When he is finished, rinse off the peas and eat them. Yum!

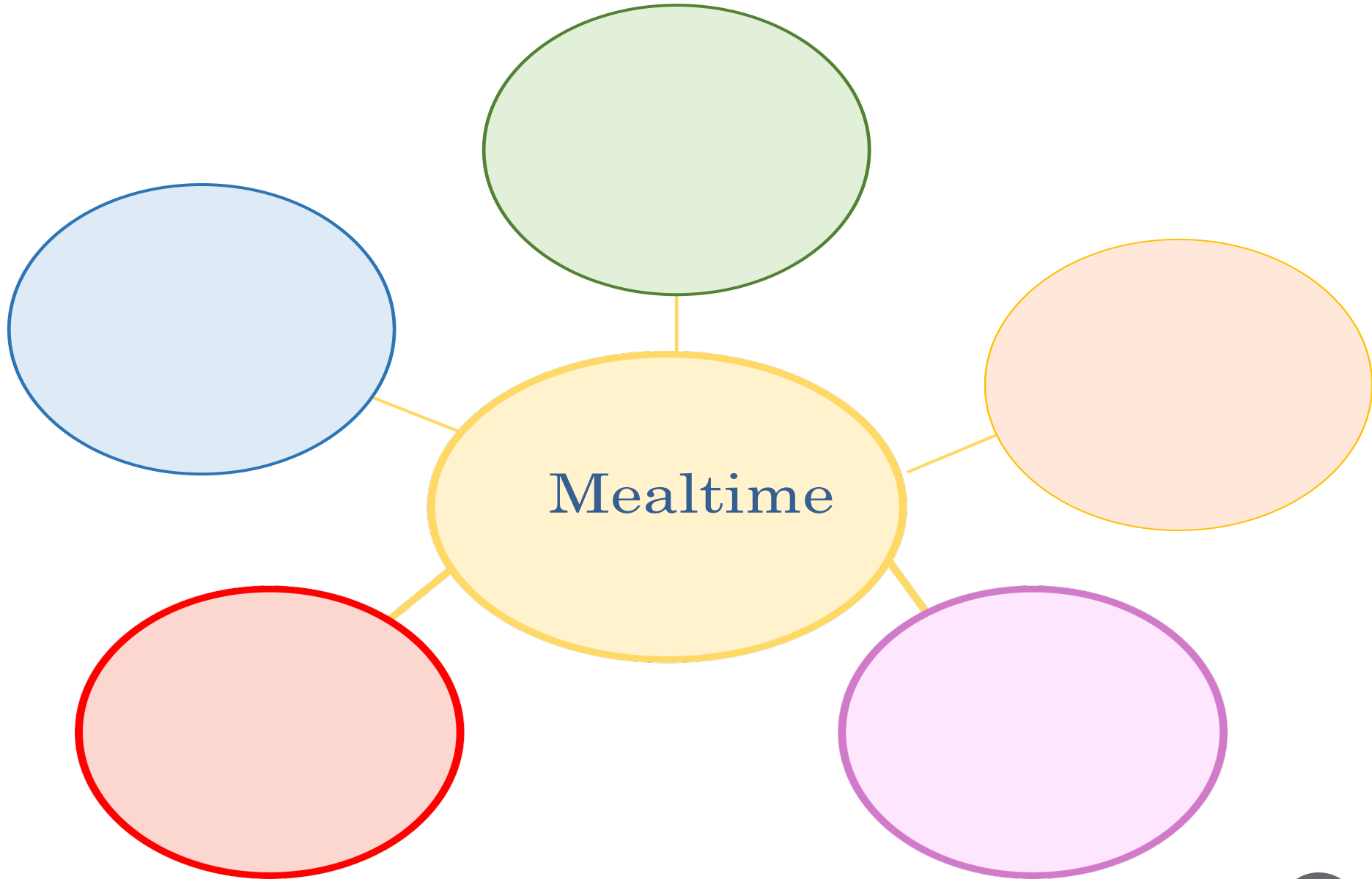
Communication:

A note by the plate at dinnertime can say that Dad will read a favorite story at bedtime. Read these notes to your child so that she learns reading is fun and important.

Problem Solving:

Play the "more or less" game with your child. Ask who has more potatoes and who has less. Try this using same-size glasses or cups, filled with milk or juice.

Activity Web



Things to Remember

- All ASQ-3 Screenings are available to you
- You can develop Activity Webs that are individualized for your family and community
- Opportunity for goal development and PICCOLO observations



Next session: Bath Time Routines

One Word that describes your take away from this session?

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