Ages: 2-3

What tasted good

1 min



Parent tip: Say two or three things your child ate today out loud - it gives them something to catch hold of. Your face helps too: yummy (screw your eyes shut) and yuck (wrinkle your nose).

Main question: "What tasted good today? And what was really yuck?"

Listen: One word is already an answer. So is a face instead of a word. Don't argue with taste - "doesn't like porridge" is a fact, not a fuss.

Sharing more?: "And what would you like to eat tomorrow?"

Skills practised:

"Food is a toddler's most frequent bodily experience during the day, and they already know the words 'yummy' and 'yuck'. Answering, they make their first distinction ever: I like this and I don't like that - and they see that a grown-up accepts it."