

## REQUESTING 'MORE' AT SNACK TIME.

At snack/meal times, get down to the child's level.

- Hold up **two choices** (e.g. a plate with pieces of ham and a plate with pieces of bread stick).
- Hold them out as **far apart as possible** so that they don't choose both at the same time then look at each one as you **name them** – "ham or breadstick"
- **Wait** for the child to indicate in some way that they have chosen (e.g. by grabbing/pointing or looking at the choice/making a sound/using a word).
- **Wait for eye contact before naming** the item and then giving it to them.

Then...

- Once they have chosen one, adult to give the child one piece of the food (e.g. one piece of apple)
- Then, you **keep holding the plate**
- Then, wait until the child indicates that they wants more snack (e.g. by looking at the plate/reaching towards the plate or looking at you/making a sound/saying a word).
- Then, say **"More" once the child makes eye contact.**
- Do this each time he/she indicates that they wants more.

**Please do not ask the child to repeat your speech, they will start to use these words/sounds when they are ready.**

**You could do the same with drinks – pour a little bit of water into their cup at a time – wait for eye contact before modelling "More" once they have requested that they want more.**

