

# Let's Eat!

Whether we're little or whether we're big, we all look forward to meal time. There's more to it than just "opening wide". Let's take a look at what leads up to a delicious meal.

Book Publisher: Scholastic

Ages: 0 to 4 years

Pages: 12

Themes: Object identification; sequence of events

As adults, sometimes we forget how important it is for kids to learn about what steps need to be taken in order to make something happen. We can help our children's early development by making learning fun!

Before the talking skills are developed, communicating usually involves fussing of some kind. A baby learns that if they communicate that they're hungry, wet or lonely, they'll see results through feeding, changing or being picked up.....cause and effect.

In this book, you can point out familiar objects to your child. You probably already see the excitement level rise when you pull over the high chair, get out the bib and get the cup and spoon ready for action. Not only can you help develop their vocabulary through object identification, you can talk about the people in the pictures.....mommy, baby, etc. Don't forget to let your child practice turning pages. It's all about dexterity!