

Early Years Team

Requesting 'more' at snack time

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

- ***Hold up two choices (e.g. crisps or 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 – "crisps 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).***

Then...

- ***Once they have chosen one, adult to give the child one piece of the food (e.g., one piece of apple), name the object i.e. say 'apple' as you give it to them.***
- ***Then, you keep holding the plate, wait until the child indicates that they want 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" and give them more immediately.***
- ***You could add in using the Makaton sign for more.***
- ***Do this each time he/she indicates that they want 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 them to request more by looking reaching vocalising etc. you then say and/or sign more and immediately give the child more drink.

Links

Ideas for requesting more [Requesting 'more'](#)