

'There's A Party In My Tummy'

Adult - Talking about your own food and tummy after eating a little bit. Put a bit sized piece of food, meat, veggies, etc on your fork and say to your child, in a playful voice,

"Ooooooh! There's a party in my tummy, and my meat wants to go too. It would feel left out if it didn't go to the party" O, poor meat....do you think I should invite it?"



(Meat talking - use a different voice) "Oh I'd love to go to the party. I want to go with all the other food.....please please can I go....pleeeeeease!!!"

"OK, you can go" "POP" Put the mouthful of food into your mouth, chew it and swallow. "Weeeeh, down it goes to join the party. I can hear them all having a lovely time in my tummy."

Use different voices for each type of food - high, low, child-like, female, male, relaxed, hurried, etc

You may need to do this a few times, so your child has time to become interested in doing it themselves. Be patient.....and stay playful and positive. Don't make any negative comments. Focus on their plate, only when your child shows signs of being interested in doing it too.

Now your child

Adult - "Oh really, there's a party in your tummy too? And your meat, veggies, etc wants to go too. Do you think you should send them to the party?"



If your child says "No", just focus back on your own food and party. Don't say anything negative, and don't give up!

When they want to join the game, repeat it with them and their food.