



**AIRC MIDLANDS**

**Developing your child's Speech,  
Language and Communication  
Skills through Baking**

As busy parents/carers, incorporating work on Speech, Language and Communication Skills into our daily routines and activities is one of the best ways to develop their skills. We as parents/carers do just this every day and are experts on ways to communicate, interact with and motivate our children.

The aim of this advice is to support you in creating opportunities for communication and supporting your child to improve their communication skills.

When your child is interested and having fun, it is an ideal time to work on your child's speech, language and communication skills. Most children love baking and it is an ideal cooperative activity for developing your child's skills while having fun!!!!!!

No matter what your child's level, keep it simple and keep it fun!!!!

To get the most opportunities for learning out of the activity:

### **1. Plan:**

- Have your ingredients ready
- Introduce new vocabulary or visuals appropriate to your child's level e.g. flour (single word level), white flour; white, dry, fluffy flour etc.
- Talk about what you will do, use sequencing pictures to support

### **2. Do:**

- Give instructions
- Talk to your child about what you are doing
- again work to your child's level
- Examples:
  - Preverbal- Pour, whoosh, uh oh , fall down, gestures
  - Basic verbal- pour the flour
  - Higher level: first pour the flour in the bowl and then stir in the sugar  
Before you crack the egg, get a jug

### **3. Review:**

- Model and describe what you did, ask child what did you do, use sequencing picture to support as needed
- Basic level: Parent draws what you baked and get your child to colour. Colour bowl, etc.
- Higher level: Write out what you baked, ask questions, incorporate concepts like before/after/first/next/then/last

### **4. Describe the finished product**

- Preverbal- mmmmmm, yummy, cookie
- Verbal- cookie, sweet cookie, tasty cookie, crunchy, chewy, rough, smooth
- Use describing chart for ideas

## Ideas for areas you might like to work on with your child

### Vocabulary

- Preverbal- Use fun sounds such as uh oh, mmmmm, whoosh, use visuals and single words
- Basic Vocabulary- e.g. flour, butter, sugar, spoon
- Higher level vocabulary- e.g. grams, degrees, raising agents
- Verb vocabulary- e.g. pour, stir, grate, measure
- Repeat words your child needs work on, emphasise the words

Examples of common baking vocabulary and visuals for same included below. These were downloaded free from [boardmaker.com](http://boardmaker.com) .



**BAKING VOCABULARY**



## BAKING VOCABULARY

### Following instructions

- Get your child to follow instructions while baking. These can be simple single word level. If your child is able, make instructions more difficult by making them longer or include concepts such as before, after, first, then
- Examples:
  - Single word level: Get me flour
  - Pre single word level: matching visual picture to object
  - Two word level: Get me butter and eggs
  - Complex: Before you get the eggs, get me a fork

### Auditory Memory/Recall

- Get your child to Repeat instructions after you
- When finished, tell your child how you made the item and see can they recall- support using sequence board
- List the ingredients, see can your child remember them all

## Sequencing and concepts of sequence

Baking is a great way to work on this important skill that is central to communication.

Using the table below, a basic example would be:

First put ingredients in bowl  
Next, stir ingredients  
Then, pour into baking tray,  
Last, pop in oven

Use visuals from vocabulary section with this table which was available for free on [speakingofspeech.com](http://speakingofspeech.com)

Sequencing

Place the items in the correct order.

first	next	then	last

**SEQUENCING BOARD**

To move up a level, make the sequence longer.

Use concepts of sequence such as before/after/ first/second/third/next/then/last.

The table from [boardmaker.com](http://boardmaker.com) below gives a good idea of a visual for children who are more advanced in their sequencing skills

Baking Brownies		
1	Preheat Oven to 350 degrees	
2	Gather all supplies and ingredients	
3	Measure out ingredients and place into mixing bowl	
4	Mix ingredients with hand mixer	
5	Pour brownie mix into pan	
6	Put pan into oven for 25 mins	
7	Take brownies out of oven and let cool	
8	Eat brownies and share with friends!	

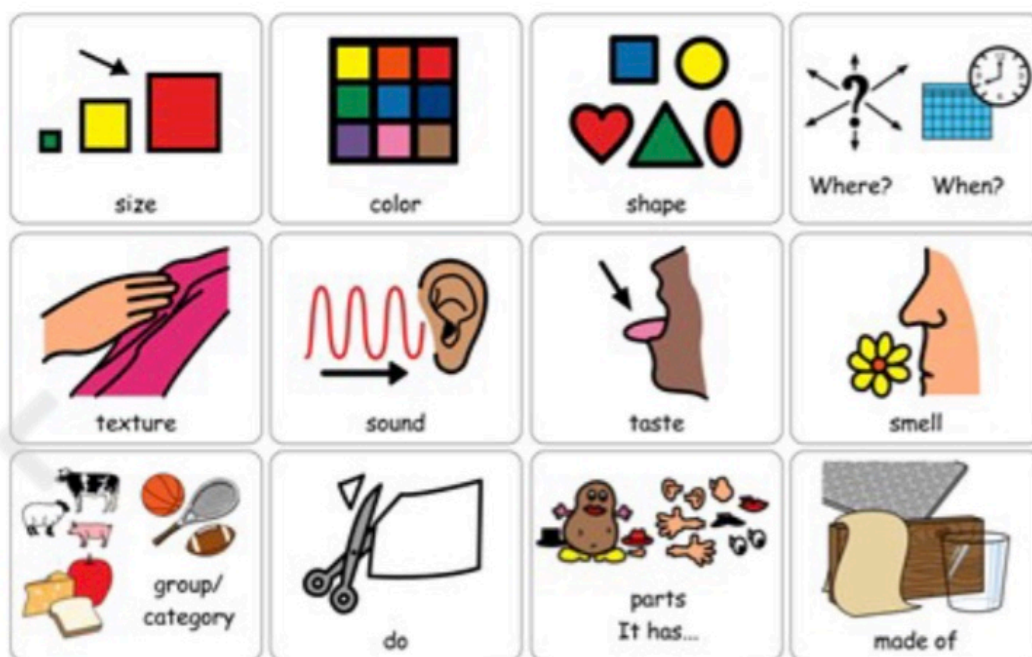
**SEQUENCING BOARD**

## Interaction

- Encourage eye contact by holding items near your face
- Turn taking- Baking is a great opportunity to take turns!!!! Visual for my turn in vocabulary section.
- Make the activity as fun and exciting as possible to support engagement and interaction
  - Funny faces and sounds
  - Spillages are great fun in our house and really get interaction going using sounds like uh oh, oops, oooooohhhh, whoosh

## Describing

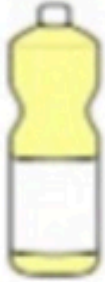
- Use senses to describe the ingredients and the finished product!  
Eg. Smell / Taste/ look/ feel- round, square, rough, smooth, crunchy, chewy, sweet, brown, hot
- The table below from [boardmaker.com](http://boardmaker.com) is useful for supporting children in describing.



# Describe

DESCRIBING CHART

**Happy Baking**  
**From Áirc Midlands**



oil



bake



stir



cupcake



cupcake liner



measuring cup



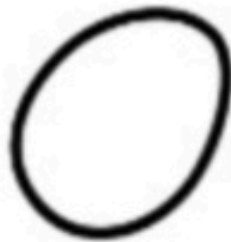
measuring cup



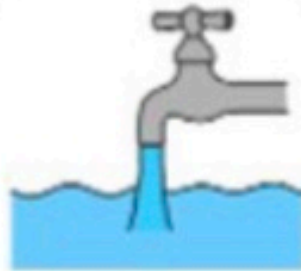
cooking spoon



bowl



egg



water



spatula

## BAKING VOCABULARY



# Sequencing

Place the items in the correct order.



first

next

then

last

SEQUENCING BOARD

# Baking Brownies

1

Preheat Oven to 350 degrees



2

Gather all supplies and ingredients



3

Measure out ingredients and place into mixing bowl



4

Mix ingredients with hand mixer



5

Pour brownie mix into pan



6

Put pan into oven for 25 mins



7

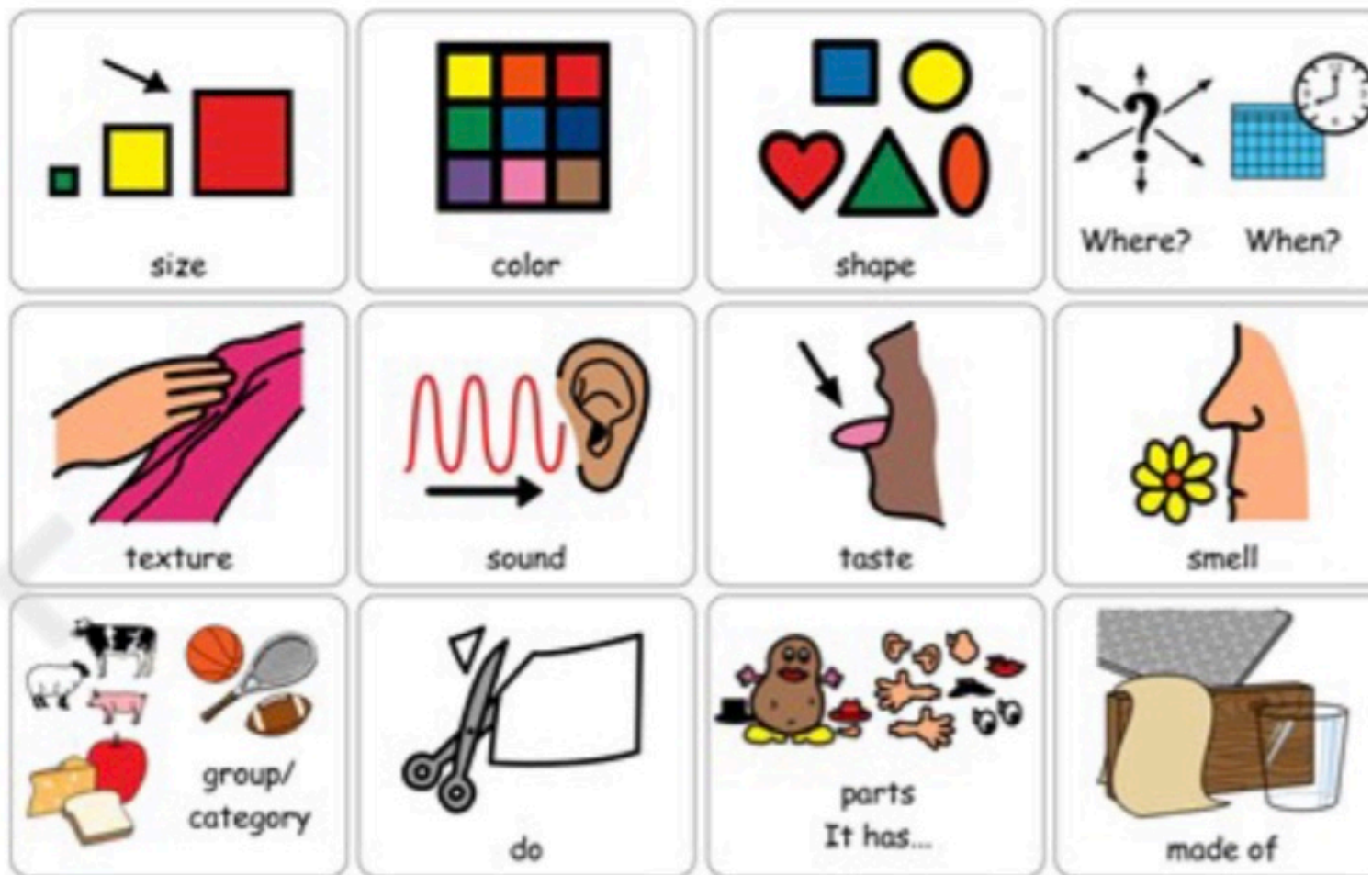
Take brownies out of oven and let cool



8

Eat brownies and share with friends!





# Describe



**MY TURN**



**YOUR TURN**



**ME**



**WAIT**



**BAKE**



**POUR**



**BOWL**



**STIR**



**WISK**



**MIX**



**SPOON**



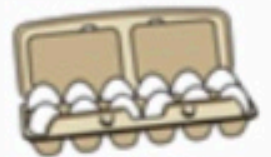
**FLOUR**



**OIL**



**WATER**



**EGGS**



**LICK**



**WET**



**STICKY**



**DRY**



**ALL DONE**

**BAKING VOCABULARY**