



The Sound-Hungry Monster

Listen for the first sound and choose the monster's food.

Helps Your Child Grow



Phonological Awareness

Listening for the first sound in food words helps your child notice that spoken words are made up of smaller sounds.



Relationships with Adults

Taking turns choosing sounds and feeding the pretend monster creates a playful back-and-forth exchange with you.

Steps

- Make a little monster from a paper bag or small box, with big eyes and a wide mouth. Set out food pictures or toy foods.
- Play the monster and say, "I want a food that starts with /m/ - mmm!" Stretch out the first sound.
- Offer choices such as milk, mango, bread, and apple. Say each word together, listen to its first sound, and feed the monster only foods that start with /m/.
- When your child chooses correctly, let the monster chew happily: "Mmm - mango! I like it!" If not, close its mouth and say, "Apple doesn't start with /m/. Let's try another one."
- Change the target sound: "Now I only eat foods that start with /b/." Offer choices such as banana, bread, berries, and orange.
- Then let your child be the monster and choose a beginning sound. Deliberately offer the wrong food once or twice so your child can catch the mistake and send it back.

Tips

- If you do not want to make a monster, use a doll or stuffed animal as the sound-hungry character instead.

Observations

- ☐ Finds a food whose name begins with the target sound
- ☐ Shows enjoyment while playing the game with you