



Run a Breakfast Café

Make paper breakfast foods and open a pretend café. Your child can take an order, find and customize the foods, record a longer order, and use the note while preparing it.

Helps Your Child Grow



Cognitive Self-Regulation (Executive Functioning)

Remembering an order, finding the matching foods, and checking a note when needed gives your child practice holding and retrieving information to complete a task.

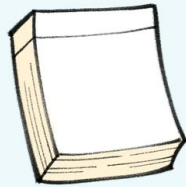


Writing

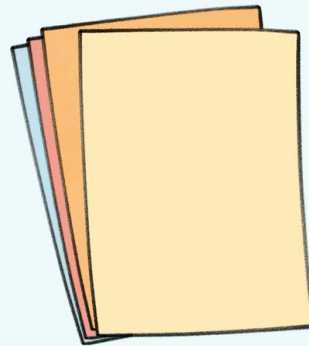
Drawing foods or creating simple symbols to record an order gives your child a meaningful reason to represent and share information in print.



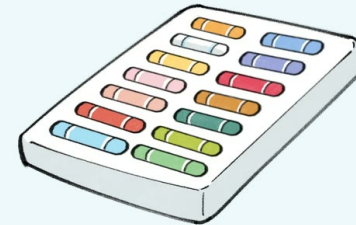
What You'll Need



Sticky Notes



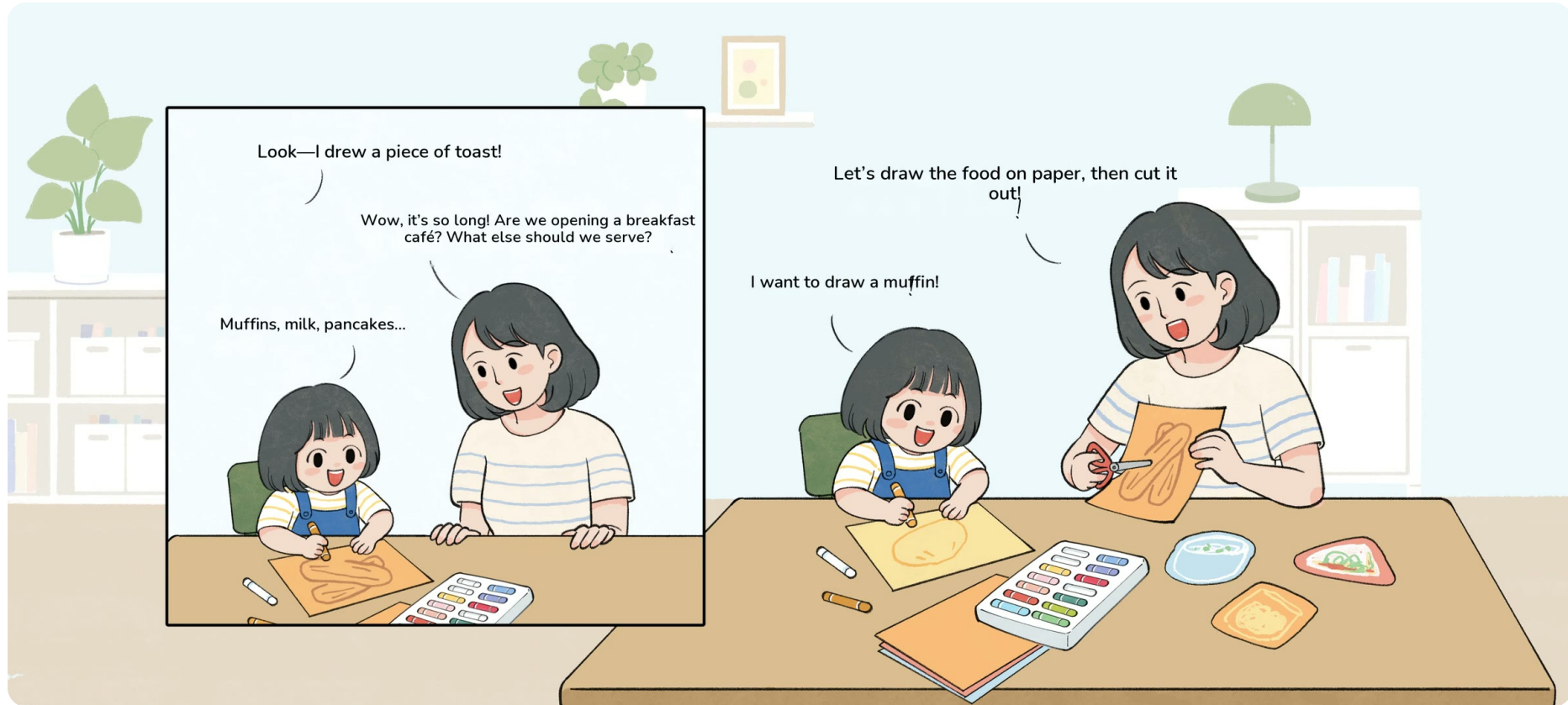
Cardstock



Crayons

What You'll Need

1. Blank sticky notes, colored cardstock, and markers



Make the Breakfast Foods

Invite your child to open a pretend breakfast café. Ask the “owner” to name favorite breakfast foods, then draw them on paper and cut them out to make the café’s menu items.

Observations

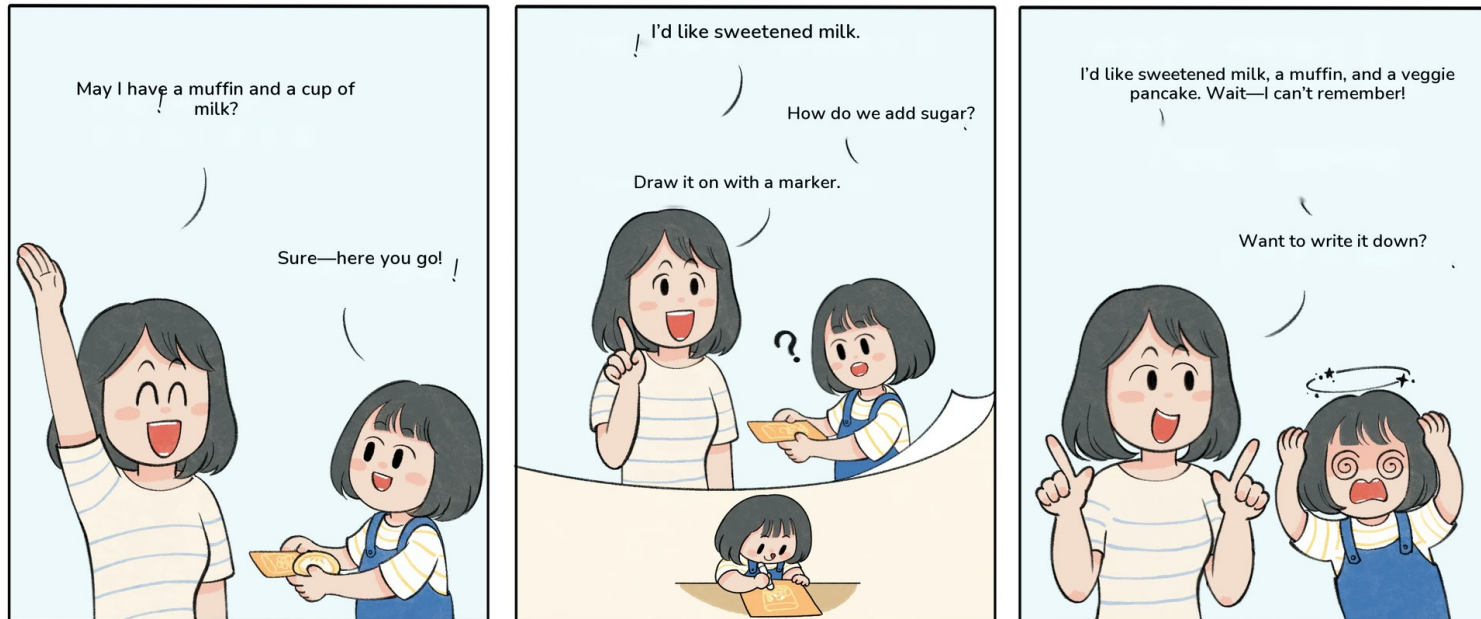
- Draws different foods and cuts them out
- Uses a drawing to represent a real breakfast food

Tips

- The drawings and cutouts do not need to be exact. Help cut any complicated outlines.
- If your child cannot think of a food, recall today’s breakfast or look at foods and menu pictures for ideas.



The Breakfast Café Is Open!



Take and Fill an Order

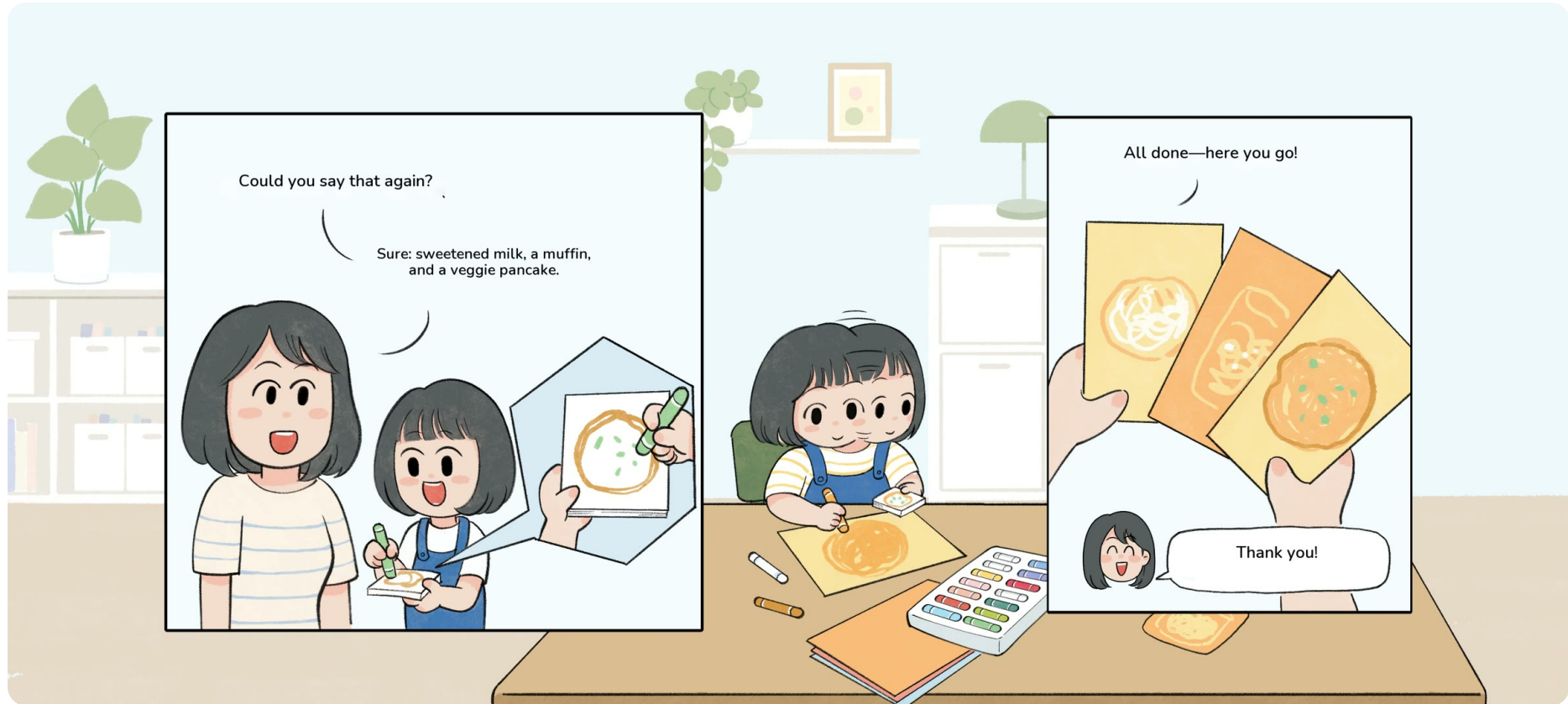
Play the customer and place an order. Ask the café owner to find each food. Add a request such as berries on the oatmeal or vegetables in the omelet, and let your child draw the topping onto the paper food. If the order is hard to remember, suggest writing it down.

Observations

- Finds the ordered food and adds the requested ingredient
- Pretends to take orders, prepare food, or welcome customers

Tips

- Begin with one food and one request. Add two or three items after the game becomes familiar.
- Ask your child to repeat the order. If one item is missing, offer a prompt - “Besides the oatmeal, what else did I order?” - instead of giving the answer.



Draw a Longer Order

Your child does not need to write words on the order slip. They can draw the foods and ingredients or use symbols they understand. Then help them follow the note to prepare each item and serve the completed order.

Observations

- Uses drawings or simple symbols to record the ordered foods and ingredients
- Uses the order slip to prepare the requested foods

Tips

- If an item is missing, invite your child to check the order slip again before pointing it out.
- Say each part of the order slowly so your child has time to record it.