EAT & DRINK

Picture Cards for Home

These generic picture cards support functional communication at home by helping your child share food and drink choices. The pictures may look different from the foods, drinks, or packages your family uses.

Cut them out. Make them work for your family.

Laminate: Cut out the cards and laminate them for repeated use.

Flip book: Place the cards in a small flip book to keep choices together.

Refrigerator: Add magnets to the backs and display them on the fridge.

Choice card: Add Velcro to attach pictures to a choice card or board.

Try them during everyday routines

Start with two pictures of foods or drinks that are available. Name each choice and show the picture. Your child can point to, show you, or hand you a picture to tell you what they want.

Need more specific pictures?

Please ask our office if you need pictures of specific foods, drinks, or brands. We can help provide cards that better match your child's choices.

Want us to prepare your set? $5.00

We can print the set and add **Velcro or magnets** to the backs for **$5.00**. Ask our office to request a set.

Printing at home? Choose Actual Size / 100% on US Letter paper.

Every Voice Matters.

More opportunities to communicate

Two ways to start. A conversation you can repeat.

Match pictures to real items

Cut out the cards and place each picture with its matching food or drink. Start with **two or three available choices**.

Option 1: Set the choices on the table

Place the foods or drinks on the table with their picture cards. Clear containers with lids let your child see the foods while you help serve them. Touch each picture and name it: **"Cookie. Crackers. Cheese."** Ask, **"What do you want?"** and pause.

Option 2: Show the choices first

Hold up two or three items and let your child choose. Name the choice, show the matching picture, and bring that item and its picture to the table.

Help them communicate, then deliver

When your child reaches, help them touch or hand you the matching card. Model a short phrase, such as **"Want cookie"** or **"Eat cookie,"** and give the item. Respond to their attempts without requiring a perfect exchange.

Snacks: Offer a little and repeat

Serve one piece or a small portion at a time. After your child finishes chewing, ask conversationally, **"What do you want?"** Pause, notice their choice, model again, and serve it. Small portions create **more opportunities to communicate**; the number of choices can stay the same.

Drinks: A sip, a pause, another opportunity

Pour a small amount, enough for one or two sips. When the cup is empty, ask, **"What do you need?"** Offer the available choices: **"Juice, milk, or water?"** Help your child communicate, model the word, and pour a little more.

Using a speech-generating device (SGD)?

Find your child's favorite foods and drinks, along with **EAT, DRINK, and ALL DONE**, so you know where they are before you begin. Follow the same routine, touching the matching words on the device while saying them aloud. Keep the device available throughout snack time. Ask us if you need help finding the words!

Keep the conversation going - and let it end

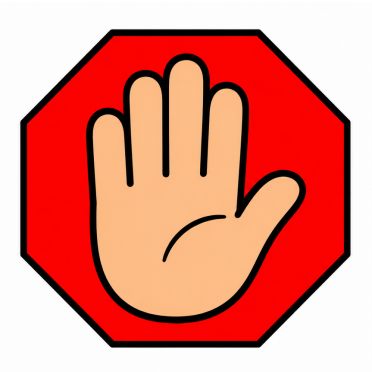
Use the same routine with pictures, a communication device, or signs while saying the words. Keep **ALL DONE** and **STOP** available and honor those messages. As your child learns, work toward finding a picture on the fridge or board and bringing it to you.

Notice. Pause. Model. Respond.

Words for snack time

EAT, DRINK, ALL DONE and two STOP picture options

2.5 x 2.5 inches

 EAT	 DRINK	 ALL DONE
 STOP	 STOP	

1.5 x 1.5 inches

 EAT	 DRINK	 ALL DONE	 STOP	 STOP

Keep ALL DONE and STOP available so your child can end the activity.

Acknowledge the message and respond: "All done!" or "Stop."

Print on US Letter at Actual Size / 100%. Cut on the square borders.

		
apple	**grapes**	**strawberries**
		
yogurt	**yogurt sticks**	**potato chips**
		
crackers	**Goldfish**	**tea**
		
juice	**water**	**soda**

		
milk	**chocolate milk**	**graham crackers**
		
Cheetos	**Doritos**	**Funyuns**
		
Takis	**cookies**	**Oreos**
		
cheese	**string cheese**	**Jell-O**

		
pudding	**fruit snacks**	**ham**
		
beef jerky	**M&Ms**	**Starburst**
		
Skittles	**Sour Patch Kids**	

Supporting communication at home

These picture cards give your child a way to communicate food and drink choices during everyday routines at home. We are here to help you navigate getting started! More videos are coming to show you how to set up and use the cards. Please ask our office if you need help or more specific pictures.

These cards support functional communication at home and are not meant to replace therapy.