

Developing Minds

Get Messy at Mealtime!

Does your child often make a mess at mealtime? Many do, and research has shown messy eating may stimulate learning. When learning new words, it is helpful for children to familiarize themselves with objects by interacting with them. For example, if a child eats applesauce, they are more likely to recall the name if they can use touch, as well as sight, to identify the food.

[Article](#)



WSU
Temperament Lab

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[Infants: Temperament Lab](#)

[Children: Developing Mind Lab](#)

Caregiver Tip!

Try giving your child soft foods like pudding or soup, and let them get messy! Experiencing foods in a new way may accelerate their language skills.

