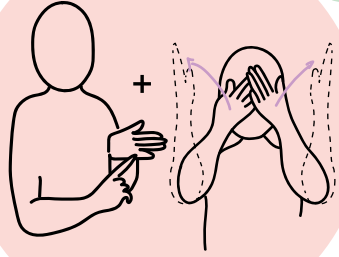


5 a day, let's chat away

Tremendous Tuesday

#Chatplayreadbucks



Tuesday

Makaton sign for the day

Your children may have learnt this sign at their setting. Let them show you and practice together.

[Find out more with CBeebies.](#)

Top Tip

Encourage make believe play. When your child is playing their imagination will take over leading to great opportunities for talking.

1

Nature Hunt!

Use this link to find your nearest greenspace: [OS Greenspace - discover the outdoors](#)

Give your child a basket, paper bag or egg box and get them to collect nature in it. This could include fallen leaves, twigs, pine cones. You can then create a picture at home together, chatting about the different nature items.

"This pine cone is prickly!"



2

Playtime

Laundry Fun!

Make everyday tasks such as doing the laundry fun together. Washing lines that flap in the wind or a clothes horse with laundry can be very intriguing for children. Take the time to look, name and describe all the items of clothing. Can they help put out the washing? Can they sort them into the different colours can they match the pairs of socks? What can you see? "red socks, green shirt, wet shorts, stripy top"

[BBC Tiny Happy People](#)



3

At meal times

Rainbow Plate!

Sitting down as a family for mealtime can teach your child how to eat and helps develop their social skills. Babies can look at the different colours and listen to you as you name and describe them.

Chat to your child as they name all the different colours on their plate, how many can they find? Add alliteration for a challenge, using the same letter to begin each word when you describe the food, for example "big, bright, blueberry" "crunchy carrot" "soft satsuma".

OR

Swap!

Here are some swapping ideas to give them a bit of goodness:

Swap sweets for **fresh fruit**

Swap Sugary cereal for **porridge and fruit**

Swap Chips for **mashed potato or homemade wedges**

Swap Sugary, fizzy drinks for **water!**

[3 - 5 Years - Food A Fact Of Life](#)



4

Bedtime Routines

Bedtime Box!

A good, consistent bedtime routine is important in getting a good night's sleep.

Try creating a 'sleepy bedtime box' that has activities to promote relaxation, such as reading, jigsaws, colouring and threading – these are also great for hand eye co-ordination. You could talk about the picture in the puzzle and create your own story together.

Having a visual schedule of your routine can help children to follow the routine.

[Children - The Sleep Charity](#)



5

Bedtime stories

Bedtime stories are a great time to help you (both) relax and unwind, and if you enjoy reading to your child, then they will love it too! When reading the stories ask your child 'what do you think it going to happen?' Giving your child the opportunity to predict what might happen can add excitement and engages them further in the story.

Here are some ideas for great **bedtime stories** to read with your child:

[Baby, Sleepy Baby](#) | **BookTrust** Interest age: 0-3 years

[I am Happy - Michael Rosen](#) Interest age: 2-3 years

[Goodnight World](#) | **BookTrust** Interest age: 2-5 years

[Julian is a Mermaid](#) | **BookTrust** Interest age: 4-7 years



Remember ABC

A book is always better than screen time, but especially at bedtime as it will help your child to relax and get a good night's sleep.

Borrow rather than buy. [Find your local library](#), ask your pre-school, nursery or family centre to borrow a book.

Chattering to your child is the best way to help their development. It's fun and free too!

Chatting, playing and reading are all fun ways to bond with children and help them to get better at learning. It's never too early to help develop children's communication, speech, reading and writing skills.



Early Years Service

At the heart of everything we do is a belief in the best start for children