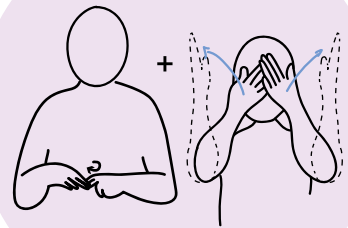


# 5 a day, let's chat away

## Fascinating Friday

#Chatplayreadbucks



Friday

### 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

Ask open ended questions. These can't be answered with a yes or no and tend to start with a 'what,' 'how,' 'where' or 'why.' For example, "what are you drawing?"

## 1 Out and about

### Pack a picnic

Pack your lunch and take it to a new place to have your picnic. If the sun is shining remember your sun cream, and sun hat, or colder weather a warm coat, blanket, and umbrella.



Take some time to lay on the rug and observe the surroundings, talk to your child about what is going on around you, for example you might talk about the birds or the weather. You may even like to sing a song that relates to what you do or see, for example 'the teddy bears picnic' or 'You are my sunshine'. Sit quietly and listen – what can you see and hear?

[Lunchbox ideas and recipes](#)

## 2 Playtime

### Water painting

Using water to paint outside is an easy and less messy way for children to make marks. Give the children some pots of water and some paintbrushes and let them 'paint' on a range of surfaces including chalkboards, the ground and brick walls. The children will love to watch their artwork slowly disappear as the water dries.

Do remember to be very careful when playing with children close to water. Supervision is needed at all times. Sweeping brushes and other tools can help develop physical skills.

### Resources:

Buckets  
Large brushes  
Chalks  
Paint rollers  
Sponges.  
Chalk boards



Talk about the patterns your child has made, have they created a picture? Show your curiosity by asking them to tell you about their picture 'tell me about what you have drawn'.

Large gross motor movements and mark making help to develop the muscles for early writing.

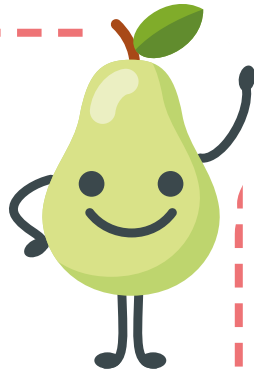
# 3

## At meal times

### Food choices

If your baby has started weaning, why not give them simple choices at snack time?

When they choose an item, try naming the food or drink and saying words like 'you're hungry' or 'you're thirsty'. Food choices give children independence, and you can role model your choices too and enjoy snack time together. This will help them to make connections between their actions and the words you use.



# 4

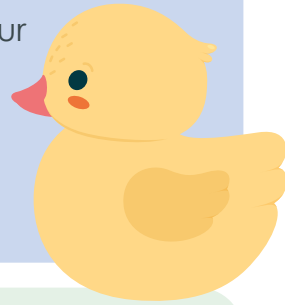
## Bedtime Routines

### Bath time fun

• While you are bathing your child, name different body parts. For example, 'Wash your toes. Wash your legs. Wash your tummy. Wash your arms. Wash your face.' Simple rhythm and repetition will help your child learn new words.

• Watch what your child is interested in and use this interest to teach unfamiliar words and concepts. For example, if your child is pouring water into and out of a cup, say 'It's full' and 'Now it's empty.' If your child is experimenting with different toys in the water, say 'It's sinking' and 'Now it's floating.'

• Keep chatting about what is happening when you get your child out of the bath. For example, 'You are all wet. Let us get you dry. Let us rub your tummy with the towel.'



# 5

## Bedtime stories

Sharing a story with your child is one of the most incredible things you can do for them. Children love stories, and sharing a book with them helps build their imagination, their vocabulary and even their confidence.

Books teach them so much about the world around them – the pictures encourage them to spot details and differences, and stories help them develop knowledge, empathy and so much more. It is also precious time together that creates memories and a great bond.



Try the link to the Booktrust, bath, book, bed campaign with Peppa pig...

### Bath Book Bed

Recommended books:

Zeki Rise and Shine

I am Happy

Are you a Monster

Just Breathe Bear

The Perfect Present

## 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.

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



Early Years Service

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