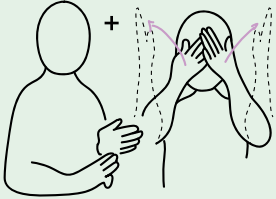


# 5 a day, let's chat away

## Marvellous Monday

#Chatplayreadbucks

Tap twice



Monday

### 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

When chatting to your child crouch down or sit down so you are at the same level, giving eye contact and using facial expressions and gestures will show you are listening.

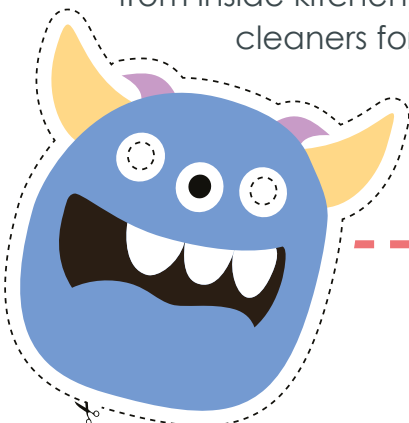
## 1 Out and about

Take a walk with your child where you live and spot similarities and differences. These can be found in different types of houses, trees, front doors. There are so many things to see, and your child will love comparing and noticing things that are the same and also things that are different. When your child is very young you will start by naming things but as they get older, they will begin to be able to compare and notice similarities this will give them confidence and reassurance about any way in which they may feel that they are different. As they are comparing things it will also help your child to put things into perspective for example a mouse is small compared to a dog, but a dog is small compared to an elephant.



## 2 Playtime

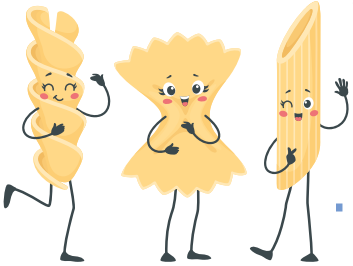
Monster plates – using paper plates or the inside of kitchen rolls create a monster – draw on some eyes and big scary teeth. You will need paper plates, cardboard from inside kitchen roll, glue, crayons or pens, you could also use plastic eyes or pipe cleaners for decoration. By adding a straw or lolly pop stick to the back you can make these monster plates into masks. As you are creating your monsters talk about its features for example it may have big sad brown eyes.



**3**

## At meal times

Give your child some spaghetti for lunch cut the strands of spaghetti to different lengths then you can compare the sizes and lengths. Or you could make a dry pasta necklace before lunch discussing the various shapes and sizes then cook some more pasta for lunch to continue the conversation about same and different.

**4**

## Bedtime Routines

### Cleaning monster teeth

It is important that children clean their teeth before they go to bed in order to avoid decay and the need for fillings. You could pretend they have monster teeth that need a good long clean, round and round and up and down. You might like to sing a song that lasts around two minutes to accompany tooth brushing. You could take photos so that you and your child can arrange them in the correct order for brushing teeth. Or you could look at pictures of monster's teeth in books and talk about how big they are and how would you keep them clean. You could use **picture cards** to show children the sequence of teeth cleaning.

**5**

## Bedtime stories

### Are you a monster? Amanda Noll

The monster-loving boy tries to find his monster. He compares his drawing - showing a green monster with a long tail, pointy nails, and big teeth - with an assortment of amusing monsters, until he finds the perfect match. This turns out to be his beloved stuffed monster toy. Children will love comparing colours, checking if tails are long or short, if nails are pointy or round, if teeth are big or small until they, too, find the monster who is a perfect match. When they find the perfect monster they can finally settle in bed! If your child is a bit scared of monsters you could substitute monster for favourite teddy.

### Who are you? Smriti Halls

This is a joyful celebration of all the pieces, places and people that make us who we are. It is a wonderful way to get children thinking about and learning about their own families, and also opening up discussions about all of the other pieces that come together to make us all unique: from our friends and food we eat, to activities we get up to and the places we go. Children will enjoy finding out more about themselves and their families, and thinking about other families and friends who are similar or different to their own.

## 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.

**B**orrow rather than buy. **Find your local library**, ask your pre-school, nursery or family centre to borrow a book.

**C**hating 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*