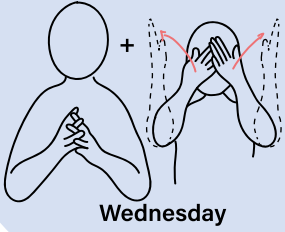


5 a day, let's chat away

Wonderful Wednesday

#Chatplayreadbucks

Tap twice



Wednesday

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

Give your child plenty of time to respond, sometimes children need a little while to process the information before they reply.

1 Pitter Patter

How much fun can you and your child have in the rain? Splash or make ripples in a chocolate brown puddle, giggle as you puddle dance, watch raindrops racing down the side of a den.... dare you put your toes in the mud? Enjoy the feel of wet grass and squidgy mud ooze between your toes or dip your toes in and do some barefoot paddling. Introduce some key words to your child such as splash, plop, shiny and ripple.



2 Wonderful waiting games

Waiting for a bus or train or at the doctors can be boring for children, so play some simple games to pass the time and extend your child's vocabulary at the same time. Talk about what you see and listen for sounds around you. Play 'I spy with my little eye something beginning with....' or 'I spy something blue/yellow/red'. Choose something close by that your child will be able to see and keep them interested in the game.

Introduce words such as who, why, where and what. This helps children to understand the words needed for asking questions.

3 At meal times

Hearing language is important for children's speech and language development, and having conversations at mealtimes provide opportunities for them to practice their language skills. You can support your child's developing speech by offering them a choice of foods so they could say the word. For example, 'Would you like peas or carrots first?'. If they get a sound wrong, just repeat it back correctly.

Use mealtimes to start conversations and encourage your child to express their thoughts and feelings, likes and dislikes. Games are a fun way to encourage children to practice talking. Here are some examples to get you started:

Best and Worst: A great conversation starter. Simply take turns to share the best and worst things that happened during the day.

You could also share one thing (however small), that you are grateful for.

I Spy: It's not just for car trips! The 'I Spy' game is a great way to engage children at the dinner table and reinforce their letters/sounds at the same time.



4

Bedtime Routines

Bedtime routines are a consistent, repetitive set of activities that are carried out before bed every night. They help prepare your child for sleep by having them relax and wind down. A predictable routine also gives your child a sense of security and may support them to fall asleep on their own.

A typical routine could include some of the following:

Nutritious snack and drink, brushing teeth, going to the bathroom, reading a book together and singing a relaxing song / lullaby such as 'Twinkle, Twinkle, Little Star'.



5

Bedtime stories

Try and find a quiet, uninterrupted time to read a bedtime story to your child where you can snuggle up together. There can be few things as powerful as regularly reading to a young child. It has astonishing benefits for children: comfort and reassurance, confidence and security, relaxation, happiness and fun.

Giving a child time and full attention when reading them a story tells them they matter. It builds self-esteem, vocabulary, feeds imagination and even improves their sleeping patterns.

Talk to your child about how they are feeling and share books such as [Just Breathe, Bear | BookTrust](#) and [Max at Night | BookTrust](#)



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.

Chating 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.