

# 5 a day, let's chat away

## Thrilling Thursday

#Chatplayreadbucks



### 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

Ensure your child is given the opportunity to take part in general conversation with an adult every day.

Listen more than you talk. This is a fantastic opportunity to teach children good speaking and listening skills.

## 1 Out and about

It's time to go exploring to see what you can find in the great outdoors! Make these paper rolls binoculars for your next adventure!

**What You Need:** 2 paper rolls (about 4" – 5" long), Single hole punch, Glue, wool or string, Optional: Stickers, crayons, and other supplies for decorating

### How to make:

1. Glue two paper rolls together on the sides. Let dry.
2. Put a hole in each side of the binoculars.
3. Tie the ribbon/wool through the holes.
4. Optional: decorate the binoculars with stickers or crayons.

Take your child outside to look through their own creations at nature.

Look up at the sky, trees, and spot different types of birds. Talk about what you see together, you might ask 'I wonder where the bird lives' and go on to discuss how birds live in nests high in the trees. Can you spot any nests on your walk?

Picture cards of what to look for can act as a prompt and add interest and more opportunities to talk to the game. Could they use a leaf spotter and match the leaves they find to the pictures - [Leaf identification for kids - Nature Detectives](#)

## 2 Playtime

Make a cereal box puzzle – Rainy day activities.

Cut the front of a cereal box or instead draw your own on a piece of recycled paper you have in the home. Turn it over and mark out a puzzle on the back. Add numbers or letters to each square. Cut these out and have fun putting it back together again.

Talk to your child about the shapes and the pictures. You could show your curiosity by asking 'I wonder where this piece should go, what do you think?' or 'How do you know these two pieces join together?'

You can adapt this activity for older and younger children depending on their stage of development.



### 3 At meal times

Role play restaurants  
Get all the family involved, even extended family.

- Together create a menu of the food that will be served. Ask the children what they would like to see on the menu?
- Get the children to take the orders.
- Prepare and cook the food together, allow little ones to explore new and interesting vegetables.
- Prepare the table together, taking about what we will need, who will sit where.
- Serve the food together, discuss how much our tummies need and what can help us grow big and strong.
- During the mealtime ensure that everyone is actively taking part, asking questions such as "I wonder what this tastes like" , "do you think it needs anything extra"

**Eating well early years - First Steps Nutrition Trust**

### 4 Bedtime Routines

Take some time to plan your bedtime routine and write it down. Work out what time it will start and ideally this should be an hour before your child goes to sleep.

Display the new routine where everybody in the home can follow it e.g., stick it on the fridge or on a bedroom door.

Do the same thing at the same time each day, including having a set wake up time each morning. We know this is difficult at the weekend, but it is important to have these set times to support your child's body clock.

Turn off all screens at the start of the routine. They may suppress the body's production of melatonin, the sleep hormone, and make it more difficult to nod off.

You could add a bedtime song into your routine as this will become familiar to your child telling them it is the start of the bedtime routine in a fun and exciting way.

Make stories a daily bedtime event, stories relax children and help them to wind down, they are also very educational and introduce new vocabulary which supports your child's learning.

### 5 Bedtime stories

Bedtime stories are magical, it's where your dreams come from!  
Here is a list of bedtime stories to spark your child's imagination. Get talking to your child about the pictures as you work through the books.

**The Perfect Present | BookTrust, My Big Fantastic Family | BookTrust**  
**Too Much Stuff! | BookTrust, I Have an Orange Juicy Drink | 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.

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

**C**hattering 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*