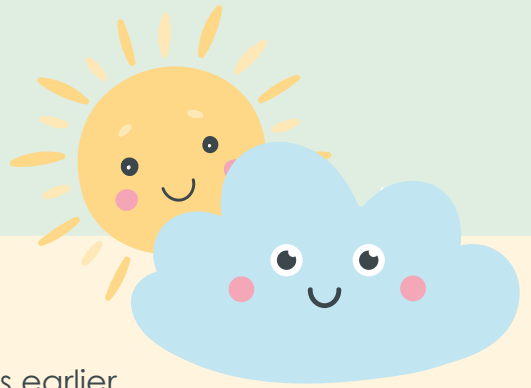


5 a day,
let's chat
away

Fascinating Friday



1 Out and about

Try a mindful, listening walk. Leave 10 minutes earlier, or plan a different route. Take your time and think about what you can see, hear and smell. Maybe look at cloud formations in the sky and use your imagination to identify different shapes, animals or funny faces. Talk about the noises you hear together. You could talk to your child about the colour of the shining sun. You could guess how many leaves are on the tree or puddles in the park.

2 Playing together

Enjoy some role play – this will help with your child's vocabulary and empathy.

You could pretend to be at the dentist – talk about healthy eating choices, you could be at the shoe shop measuring feet or going on a picnic or be much more imaginative and travel to space.

Let your child lead the play and talk as you go along.



3

At mealtimes

Act out a story together, for example at breakfast time you could talk about the story of Goldilocks and the three bears whilst eating porridge for breakfast, what else happens in the story?

You could continue to act out the rest, or create your own story. Why not join Mr Tumble for the story of Goldilocks and the three bears then see if you can act this out at breakfast time.

Tumble Tales: Goldilocks and the Three Bears - CBeebies - BBC .

You could even make porridge together – or decorate porridge with fresh fruit to make faces.



4

Bedtime routine

Use bath time to engage in some water play. Children love to make potions in travel sized bottles mixing bubble bath and shampoo etc together. You could talk to your child about full and empty, gloopy, what does the potion do?

You could make rhymes e.g. Hocus pocus, lbble dibble. You can also talk about the water dripping, pouring, hot, cold, tepid. As your child relaxes and plays in the bath, they will love to chat with you.



5

Bedtime stories

At bedtime why not get cosy under a blanket with your child in their bed. Children love to repeat the same story, does your child have any favourites? It may help to settle your child reading a familiar story. Can your child re-tell the story by looking at the pictures. Have fun with stories by deliberately changing a word in a well known story to

encourage your child to notice, to laugh together about it and tell you the correct word!

We're going on a bear hunt by Michael Rosen is a popular children's favourite as it is repetitive and this encourages your child to join in.



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** or 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!

Communication and Language

Listening and Attention

You might notice that your child:

Enjoys listening to stories you tell them and talks about them later.

Joins in with their favourite bits in the story, for example,

“Who’s been sleeping in my bed?” when you’re reading Goldilocks and the Three Bears.

Joins in with their favourite rhymes and stories and guesses what will happen next.

Stops what they are doing and listens when they hear you talk to them, or they hear the doorbell ring.

Understanding

You might notice that your child:

Understands questions like

“What do we need for a bedtime story?”

They may be able to say “book” or be able to point to one or even go and get one.

Can follow simple instructions like **“Put teddy under the blanket”** or **“Put the train on the track”**.

Understands what you are saying and can help when you ask them to bring you something.

Speech

Use longer sentences with words like

“because” and **“and”**. For example,

“I cried, I did, because I banged my foot and it hurt”.

Ask them to tell you about something that’s happened. For example,

“Remember when we went to the park yesterday and came home?”.

Ask lots of questions and answer your questions too.

Talk about what you are doing now, and what might happen later or tomorrow.

Sometimes talk like a grown up and repeat words to make yourself clear. For example,

“I’m really, really hungry now”.

Use lots of different words.

Top Tips

Learning to talk is a complicated skill for a child. These tips will help you, to help them:

- Say their name when you start talking to get their attention
- Help your child to learn new words by using all their senses to teach new words
- Build in lots of repetition
“Dog, yes a dog, woof woof dog”
- Build on what your child already knows and says
- Taking turns with babies, add words for toddlers and phrases for older children.
“Car, yes it’s a car, a blue car, a big blue car”.
- Talk about things that your child is interested in
- If your child makes a mistake, repeat the words and sentences clearly in the correct way
- Use comments and prompts instead of asking them too many questions. **“We’re going to walk to see Granny, we have to go up the road and through the park”**
- Play around with words and make up silly ones
- Give your child time to think about what you have said
- Chatting is important, the more you chat to your child the more time they get to practice

Find out more about your Child’s development

What to Expect When in the Early Years Foundation Stage, a Guide for Parents

If you have any concerns about your child’s development the first thing to do is talk to your child’s key person at their childminder / nursery / pre-school.

Find out more

- [Words for Life - ideas for Parents](#)
- [Start for Life - Learning to talk](#)
- [BBC Tiny Happy People](#)
- [Buckinghamshire Family Information Service](#)



Early Years
Service

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