

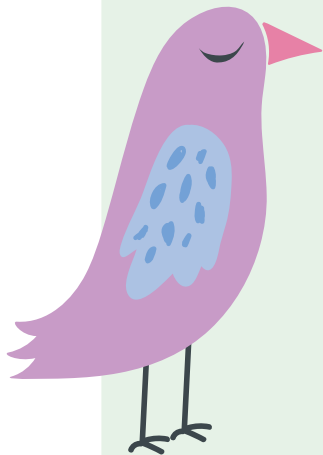
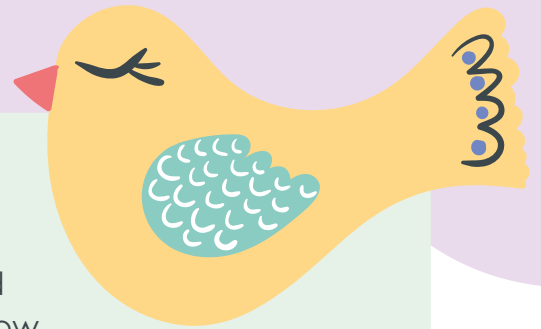
# 5 a day, let's chat away

# Thrilling Thursday

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## Out and about

Take your child to the park or for a walk in the countryside to use this time to chat to your child about the things you see and hear. I wonder how many birds we can find? You could make some binoculars with some cardboard rolls before you leave to add curiosity and excitement, or you could use the camera on your phone to take pictures and look back at later in the day. Perhaps you could take a readymade bird spotting sheet with you. You could talk about the colours of the birds and their feathers, similarities, and differences.



For example- a robin has a red breast, a magpie is black and white. Can you hear the bird songs?

You could enjoy this rhyme together  
Two little dickie birds sitting on a wall  
One named Peter, one named Paul  
Fly away Peter, fly away Paul  
Come back Peter, come back Paul

## 2 Playing together

Make a shopping list together, then find the ingredients in your cupboard. Talk about the ingredients and what they do to help you to be strong and healthy. You could make this into a real shopping experience by going to the shops or using pretend money to pay for your ingredients at home.

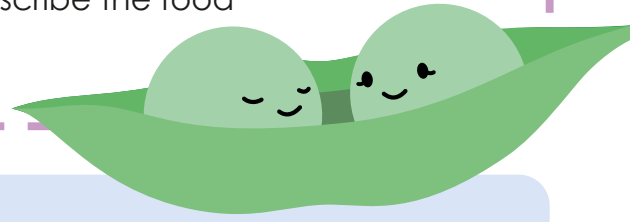
This helps your child to understand money.

Let your child take the lead and allow plenty of time, put all adult distractions away!



### 3 At mealtimes

Healthy choices. Can your child identify which foods are healthy choices and which are not? Talk about fruit and vegetables and the goodness inside that our bodies need to stay healthy. You could look at pictures together to see how the fruit and vegetables grow and read a story about food. You could download the eat well plate use as a placemat to prompt conversation. Describe the food you are eating, "look at this crunchy carrot" "can you see the squiggly peas"



### 4 Bedtime routine



Prepare for bedtime routines with gentle more mellow signs that slow the tone and rush of the day. Try starting with gentle humming of a favourite song - make up words together that reflect the next part of bedtime routine for bath time / brushing teeth / toilet or nappy time/ bedtime / story time / sleep time. Talk about your day together, what did your child enjoy today? Is there anything they did not enjoy? Chat about your plans for tomorrow.

### 5 Bedtime stories

Reading to your child is extremely important but you can build up those story telling skills buy letting your photos do the talking or use a well-illustrated book to tell the story.

Take it in turns with your child to focus on what is in the picture and describing what might be happening. Pick a character, maybe a member of your family, a family pet or the duck you saw at the pond in the park today. Weaving stories around it. It could be something simple or something adventurous and crazy. Your child may wish to create their own story or want to add things into yours taking the story in different directions.

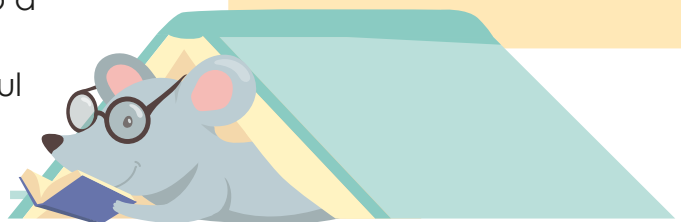
Why not record or write down the stories that you come up with? You could turn this into a book and add your own illustrations, these could be re-read together and a wonderful keepsake to look back on.

### 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** or ask your pre-school, nursery or family centre to borrow a book.

**C**hattering to your child is he 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*