

# 5 a day, let's chat away

# Tremendous Tuesday

## 1 Out and about

Collect natural objects from your walk, to then create a piece of art at home. This could be sticks, flowers, pebbles or anything you like. Talk to your child about the colours and textures of the objects, where they have come from.

Encourage your child to use their imagination when creating their piece of art, ask them to talk you through what they are doing. You can either stick your artwork down with glue or leave it loose to use again and again.



## 2 Playing together

Build a den under tables and chairs or even better build a den outside.

There is so much to chat about – how big? how can we join these to bits together? what would make it stronger?

You could cover the den with a bed sheet or old curtain – then enjoy some torch play in the dark den – you can watch shadows and see what shapes they make. Or take some light up sensory toys into the den to help your child to feel calm.

Children love to create hiding places and dens are perfect for this because they feel safe and secure, and they will feel comfortable to talk.

Not a Box by Antoinette Portis is a great book to trigger your child's imagination.



## 3 At mealtimes

Help with preparation. Let your child help prepare a meal, talk to them about safety and ask questions about what they already know about keeping safe when cooking and preparing food. This can be as simple as making a sandwich together, explaining how to use the knife safely to spread the butter, cutting the sandwich in half or quarters.

You could sing This is the way we butter the bread, butter the bread, butter the bread, this is the way we butter the bread on a cold and frosty morning to the tune of Here we go round the mulberry bush. Change the words to suit whatever you are doing.

Talk about what you are making together, what comes next and what it might taste like when its ready. Then enjoy the meal sitting together.



# 4

## Bedtime routine

Recipe for a perfect bedtime. Rituals that become 'special', can be useful to help settle your child to sleep. Try to make the routine the same every night. Make a bedtime 'recipe' together, make your own visual sequence or list of what makes them happy at bedtime. This will help children to understand the sequence and to promote consistency of the routine. For example:

- Dim the lights in the room
- Turn off devices
- A warm milky drink. Remember to encourage your child to use a cup when they are ready as this will support their language development.  
**Drinks and cups for babies and young children - NHS ([www.nhs.uk](http://www.nhs.uk))**
- Chat about your child's day, what part of the day did your child enjoy the most?
- Sing a bedtime lullaby or nursery rhyme
- Read a favourite story together



# 5

## Bedtime stories

Let's go back in time!  
Introduce your child to your own favourite children's books, it will remind you of your own childhood. A lovely way to get your little one settled before bed. Your children will love hearing about you when you were a child. Tell them the memories the story

brings back. Where did you live?  
Who was in your family at the time?  
Have you got a photo of yourself when you were little? Do you look alike?



## 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**hating to your child is the best way to help their development. It's fun and free too!



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

## 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](#)



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