

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.



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.

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[Find Out More Cbeebies Makaton](#)

Animal Moves!

- When you're out and about ask your children to: Bear Walk, Elephant Swing, Penguin Walk, Tiger Crawl, Flamingo Hop, Snake Slither, Kangaroo Jump. This is a great idea for their physical development and getting them to go places! Can you walk like a penguin? Can you hop on one foot like a flamingo? How do these animals move? [Let's take a look and see!](#) . See if your children can come up with their own ideas!



Den Making Indoor (or outdoor!)

You will need: *four sturdy dining chairs, a large bed sheet, some blankets, comfy furnishings, such as cushions, pillows and maybe a duvet, some heavy books, battery-operated string lights and a few clothes pegs.*

- Choose the perfect spot to build your den. It could be up against a wall or the back of the sofa.
- Place two chairs on each side with the backs facing inwards – these will form the side walls. Hang blankets over the chair backs.
- Drape a sheet over the top to make the roof and put some books on the chair seats to hold it in place.
- Put a blanket or duvet on the floor and arrange cushions or pillows around the sides. To make it magical and super-cosy, decorate your den with string lights and use pegs to attach them.

Your indoor den is the perfect place to read stories together, imagine you're an explorer camping out in wild places, or for other imaginative play.



Making choices at snack and meal times

Support children to independently make choices at snack/meal times. Try offering two healthy choices such as an apple or a carrot.

When they choose an item, try naming the food or drink and saying words like 'you're hungry' or 'you're thirsty' so children start to understand when they might be feeling hungry or thirsty. This will help them to make connections between their actions and feelings and the words you use.

[Tiny Happy People - Tips and Advice for Mealtime with babies and toddlers](#)



Create a 'worry' time



Sometimes children struggle to fall asleep as they may be worrying about something. Set aside time earlier during the day to allow your child to share any worries with you, it could be something like: 'Tell me something that was worrying you today' or "Tell me something that made you happy/sad today." It can be helpful to share how their day has been and what is planned for the next day (you could show them a visual routine using photos, this is reassuring). Discuss how they could cope with them. For younger children, share your day with them and how it made you feel.

Try giving your child control over little parts of the bedtime routine, like picking out pyjamas.



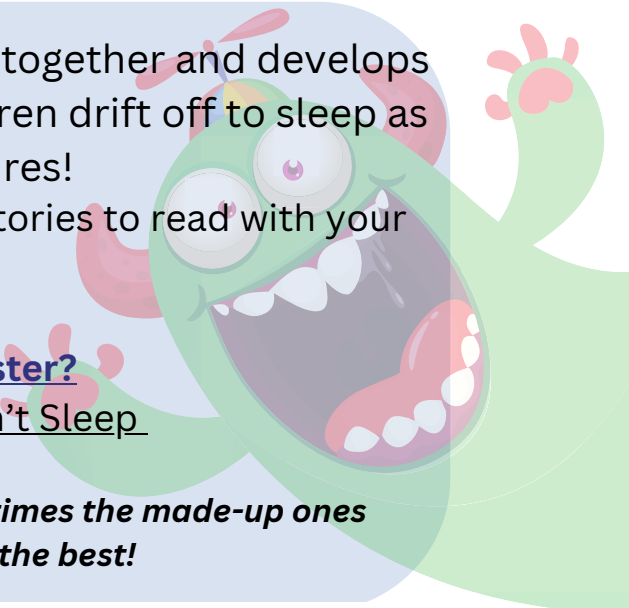
Bedtime stories are great for snuggling together and develops a love for reading. It can also help children drift off to sleep as they look at the pictures!

Here are some ideas for great bedtime stories to read with your child:

Are You a Sleepy Monster?

Arlo, The Lion Who Couldn't Sleep

Stories don't need to be from a book, sometimes the made-up ones that are about your child are the best!



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. Ask your pre-school, nursery or family centre to borrow a book, or find your local library: buckinghamshire.gov.uk/libraries/information-about-local-library

Chatting 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