

5 a day, let's chat away

Marvellous Monday

1 Out and about

Go on a rainbow colour hunt. How many colours of the rainbow can you find? Maybe on doors, flowers, shops? Children could match colours to colour cards.

Talk to your child about how a rainbow is made when the sun is shining, and it rains at the same time. You could try to make the sound of the rain, pitter patter or to move like the rain.

Sing along to the rainbow song as you walk along.

Red and yellow and pink and green

Orange and purple and blue

I can sing a rainbow

Sing a rainbow

Sing a rainbow too Listen with your eyes

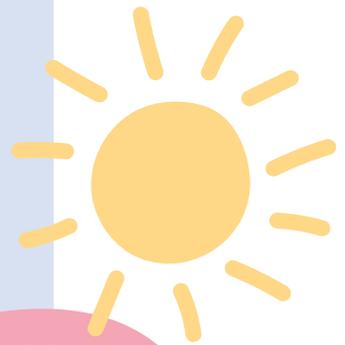
Listen with your ears

And sing everything you see

I can sing a rainbow

Sing a rainbow

Sing along with me

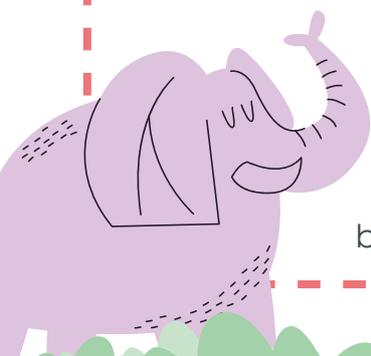


2 Playing together

Play an animal game, you could pretend to be animals from the jungle, or perhaps pets in someone's home. Get down to their level and join in the fun, talk about how the animals move, where they live and what they eat. You could take turns in pretending to be an animal and the other one has to guess which animal you are.

Have a conversation about what animal you are being for example purring like a cat, pouncing like a panther. You could suggest new words for the types of movements - crawling, wriggling, slithering.

When you have finished playing you could read a story together - Rumble in the Jungle by Giles Andreae and David Wojtowicz would be a good choice linking to jungle animals.



3

At mealtimes

Food facts- Where is it from?

When eating your meals throughout the day talk to your child about where the food comes from. They may already know some about some things but not others - you can investigate together to find out the things they don't know. For example, using a map to see where the bananas have come from and how far they have travelled.



You could search online for pictures of a banana tree. Talk about how might they have travelled here. You could explain how raisins are in fact grapes that have been dried in the sun and or talk about how some foods are made in a factory.

4

Bedtime routine

Make time for brushing teeth at bedtime fun!



You could make brushing teeth fun by singing songs and rhymes as you brush. Use a timer to sing for 2 minutes, change the words of the song if you'd like to make the song last longer.

Looking in the mirror, you can talk about your child's teeth, tongue, gums, roof of their mouth and lips. Some children benefit from having photos or pictures of the sequence for brushing their teeth.

A great book to follow this is Alan's Big Scary Teeth by Jarvis.

5

Bedtime stories



Let's make shadow puppets!

Shine a light on the wall and act out the scenes in the book using shadows made by hands or puppets. You can then make stories up around these shadows – not too scary though, it is bedtime!



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!



Early Years
Service

*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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