

5 a day, let's chat away

Marvellous Monday

#Chatplayreadbucks

Tap twice



Monday

Makaton sign for the day

Your children may have learnt this sign at their setting. Let them show you and practice together.



[Find Out More Cbeebies Makaton](#)

Top Tip

When chatting to your child crouch down or sit down so you are at the same level, giving eye contact and using facial expressions and gestures will show you are listening.



1

Out and about

As you are walking in your local area with your child look and listen for sights and sounds of nature. Even in the most built-up areas you can always see or hear nature.

What can you see? Can you see some grass, trees, birds, a dog, cats? Can you see the first signs of spring, new flowers coming up from the ground or new leaves on the trees. What about footprints can you identify any of those?

What can you hear? Can you hear bird song, and can you really listen to hear that different birds have different songs? I wonder if you can hear a dog barking or a cat miaowing.

Maybe you are near to a pond and can hear the ducks.

Talk about what you see and hear trying to use some descriptive words like prickly, sturdy, squeaky.

[EYFS. Listening skills - 5: Animals and habitats - BBC Teach](#)



2

Playtime

Bear Hunt - You can play this game indoors but it's even more fun outside -

You will need

A table or anything to make a cave

A sheet or similar

A teddy bear

What to do

Cover a table to make a cave – it doesn't matter what size, with a cloth and hide a teddy underneath it.

Using the book, 'We're Going on a Bear Hunt' by Michael Rosen as your guide, hunt through your house or garden for the bear -

Pretend to come across the long wavy grass - that could be a rug. You and your child pretend to swishy swashy through it maybe using your arms to push it away,

Then you find the deep cold river – Splash splosh through it – if you play this outside, you could even use real water.

Continue through the book. Use your actions to show what you are going through – for example the thick oozy mud will make your legs and feet very heavy. But you don't need to be a marvellous actor using the wonderful descriptive words is more important. See if you and your child can think of some different words as well - you could even make some up!

When you get to the cave you will find the bear, act scared and rush through the whole hunt in reverse!

If you are using the book, take care to look at the back page to look at the picture of the bear and talk about how you think the bear is feeling – to me he looks very sad- perhaps he just wanted to make some new friends.

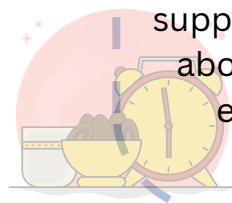
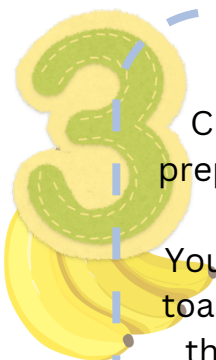
[We're Going on a Bear Hunt | BookTrust](#)



At Mealtimes

Children like to help you to prepare food. It seems to make it taste better!

You could let them spread the toast or cut up a banana. Soon they will be able to chop up more difficult things like carrots or apples. Introduce new words to them such as 'you are slicing the banana' 'you are spreading the cheese'. They can also pour their own drinks – you may get a few spills, but they can help to clear those up too. Give them limited choices too, this supports them to communicate about what they like and can encourage them to eat.

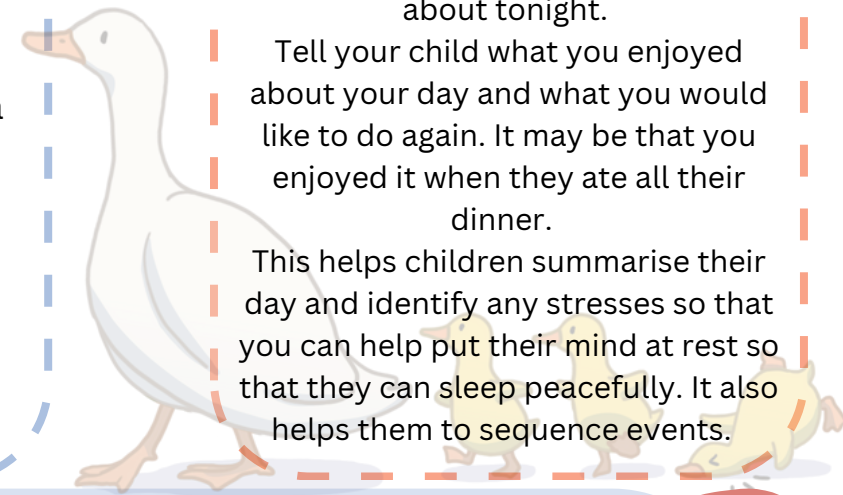


Bedtime Routine

Before their bedtime story take a few moments to talk about your child's day and tell them about your day too. This helps to build up strong secure relationships. Ask them to name three things they enjoyed about the day. What would they like to do again? What did they not enjoy and don't want to do again? Talk about what do they think they will dream about tonight.

Tell your child what you enjoyed about your day and what you would like to do again. It may be that you enjoyed it when they ate all their dinner.

This helps children summarise their day and identify any stresses so that you can help put their mind at rest so that they can sleep peacefully. It also helps them to sequence events.



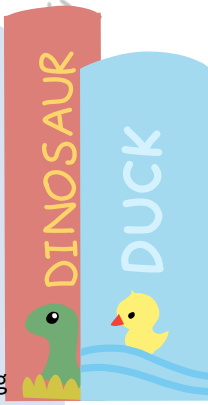
Bedtime Stories

Uh-oh Niko by Chris Chalton - It's time for Niko the bear to go to bed. But uh-oh, he's lost his slipper. Then, uh-oh, he gets the bathroom just a tiny bit wet. Finally, after reading a book and finding a cuddly toy, Niko is ready for sleep. [Uh-oh Niko: Bedtime | BookTrust](#)

Lulu's sleep over by Anna Mc Quinn - Lulu is getting ready for her first ever sleepover. She's going to be spending the night at her cousin Hani's house, but first she needs to pack. Pyjamas, spare clothes, books and her favourite soft toys all go in the suitcase. She's ready! [Lulu's Sleepover | BookTrust](#)

The Big Dreaming by Michael Rosen - Winter is coming and that can only mean one thing for Big Bear and Little Bear. Soon it will be time for the Sleep – or the Big Dreaming as Big Bear affectionately calls it – a time when bears sleep all winter and wake in Spring. But Little Bear is worried. If he runs out of dreams during the long sleep, the Big Dreaming will be a Big Nothing! [The Big Dreaming | BookTrust](#)

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