

5 a day, let's chat away

Tremendous Tuesday

#Chatplayreadbucks



Tuesday

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

Encourage make believe play. When your child is playing their imagination will take over leading to great opportunities for talking.

1

Out and About Fly a Kite

Make and fly a kite together if you don't already have one.

Find a windy field or your garden and enjoy running and playing together.

[Fly Away! Learn How to Make a Kite - Little Passports](#)



Playtime

Mindfulness activities

Think of some activities to help you both relax together and practise some mindfulness activities, including:

Yoga

Gardening

Going for a walk

[Five ways to incorporate mindfulness into your child's day - BBC](#)

[Bitesize](#)

2



3

Chatting at mealtimes

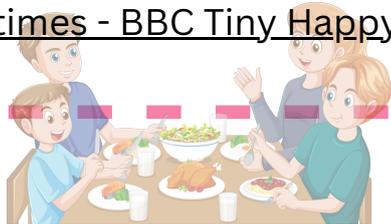
Making sure that the food is the focus at mealtimes is important. There shouldn't be too much else going on.

This allows children to really focus on what's at hand, the eating, as well as the kind of open and engaging conversations you can have at mealtimes.



Meal times are to be enjoyed together.

Get down to your child's level: Chatting at mealtimes - BBC Tiny Happy People



Make a bedtime box

Younger children may enjoy a bedtime box, filled with a selection of activities. Hand eye co-ordination activities such as jigsaws, colouring and threading are great for promoting relaxation. Older children may prefer to read, play a board game or take part in a craft activity.

Bedtime Routines - The Sleep Charity



Bedtime Stories

Did you know that a regular nightly bedtime routine is associated with improved sleep in young children? We think there's nothing better than snuggling up and sharing a soothing bedtime story to send them off to the land of nod.

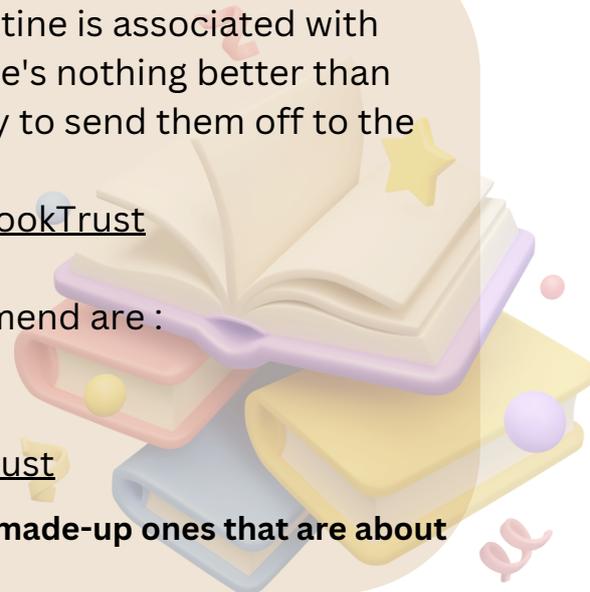


Tips for reading with your child | BookTrust

A couple that the booktrust recommend are :

Fox's Socks | BookTrust

A Busy Day for Birds | 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