

5 a day, let's chat away

Wonderful Wednesday

#Chatplayreadbucks

Tap twice



Wednesday

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

Give your child plenty of time to respond, sometimes children need a little while to process the information before they reply.

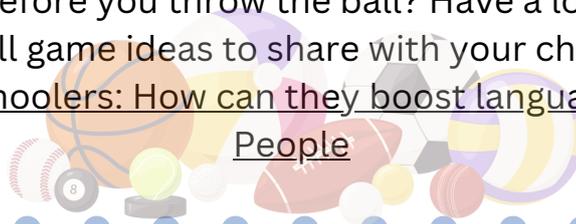
1

Out and about

When you are out visiting your local park or green space, take a ball and join your child for some fun games. When children play with balls, it can help them to master their individual gross-motor skills and so much more. Can you take turns to roll, kick or throw the ball to each other? Can you name an animal/food/colour before you throw the ball? Have a look at the link for more ball game ideas to share with your child.

[Ball games for preschoolers: How can they boost language? - BBC Tiny Happy](#)

[People](#)

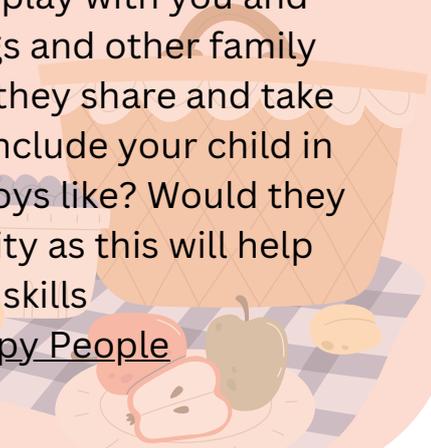


2

Playtime

Can you host a picnic for some friendly cuddly toys? This activity will help build your child's imagination as they practice role play with you and develop their communication. It is also fun if siblings and other family member join in and will develop their social skills as they share and take turns and make sure everyone has a plate and cup. Include your child in planning the picnic. What kind of picnic would their toys like? Would they like to play any games. Let your child lead the activity as this will help them develop planning and leadership skills

[Teddy Bear's Picnic Activity - BBC Tiny Happy People](#)





At meal times

Try to sit together for meals as often as possible with everyone in the family. Mealtimes are a great opportunity to show your child that you enjoy eating healthy foods and how to hold cutlery. Try to create a calm atmosphere with less focus on encouraging your child to eat as this can make them feel pressure to eat and create a less enjoyable experience for all. Instead, talk about your day, ask your child three things they liked doing today. Make sure your child is sitting comfortably, adult chairs where their legs are dangling can be uncomfortable, pop a box or stool underneath so they are supported. If they are comfy, they are more likely to sit, to eat and to chat.

Bedtime Routine



Babies and children like to know what is going to happen next. Letting them know that it's bedtime through a set routine of activities helps them to get ready for sleep. This routine could include a bath time, short play and end with a bedtime story to help your child to relax before they go to sleep.

Sleep Advice



Bedtime Stories

Into the Wild | BookTrust
Here We Are | Oliver Jeffers
Here We Are | 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