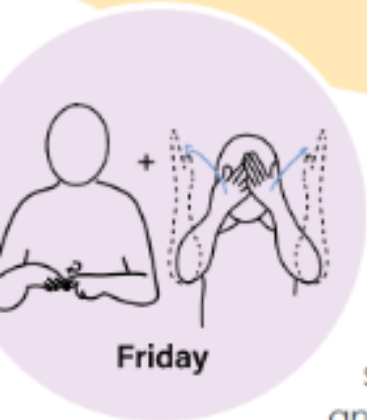


5 a day, let's chat away

Fascinating Friday

#Chatplayreadbucks



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

Ask open ended questions. These can't be answered with a yes or no and tend to start with a 'what,' 'how,' 'where' or 'why.' For example, "what are you drawing?"

1

Out and About

I Spy...

One of the classic games to play on a family walk is a simple one to get started with as well. The person doing the spying has to choose something and say to the others "I spy with my little eye, something beginning with G" (e.g. grass) and the rest of the players have to guess what they have spied. The person who guesses correctly gets to be the next spy.

If you have smaller children play the colour version (e.g. finding something green for grass or yellow for a daffodil).

You can also play I hear with my little ear something that goes (quack quack, tweet tweet, brmm brmm, drip drip, vroom Vroom, tick tock, beep beep...)

Playtime

Make a story box together – Encourage imaginative communication together

What you need:

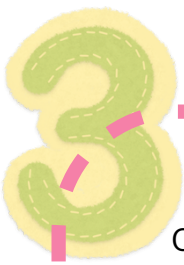
Cardboard boxes, scissors, sticky tape, coloured crayons or washable felt tip pens

Where to find:

Supermarkets, DIY stores, local shops; ask for used cardboard boxes for free.

Create a made-up story together – you could start with once upon a time and then follow your child's lead. Some children will love to fill in the gaps once upon a time "there was Who lived in aand he said he was..... and so they got some.... And went to ..."

2



At meal times

Children love to play – so if food feels like fun, they’re more likely to take an interest. Involve them in some hands-on food preparation where they can touch food – making shapes with a pastry cutter, mixing, spreading. Encourage them to get creative – for instance by arranging vegetables on a plate as a picture for everyone to eat as part of the meal. Carrot sticks, slices of red and yellow pepper, tomato or cucumber and broccoli florets are all great for making faces, flowers and more.

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

[Kids cooking recipes](#)



Bedtime Routines



Consider a small sleep snack before bedtime – What your child eats during the day may impact on their sleep during the night. A light snack in the hour before bedtime may be helpful for some children. Bananas are an excellent source of magnesium and potassium. They also contain tryptophan an amino acid that helps us to sleep but don’t forget fruit contains sugar too. Blend one banana with one cup of milk or soya milk to make an ideal bedtime drink.

Calling the drink your ‘sleep’ drink gives your child the message that it helps them sleep

[Diet & Sleep - The Sleep Charity.](#)



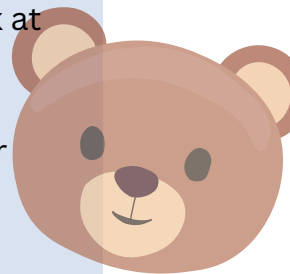
Bedtime Stories

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:

[This Book is Not a Bedtime Story | BookTrust](#)
[Bedtime with Ted | 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