



Surrey Family Information Service

Talking Time: Pre-schooler Set 2 of 2

These cards have been designed to help you support your child's learning. You can do this any time and most of the activities will only take a short amount of time.

Children learn best when they are playing - so have fun!



Bed time

Water play

Out and about

For more ideas, click on the Every Child a Talker link on the Surrey Family Information Service homepage

www.surreycc.gov.uk/fis



Talking Time:

Pre-schooler

Making bedtime fun

Having a clear routine at bedtime will help your child to settle down more easily.

- Children need to know what happens at night, so keep your routine the same.
- Encourage your child to learn to dress and undress by themselves.
- Lay their clothes out on the bed, to make it easier for them to dress.

Sing this to the tune of "Here we go round the mulberry bush" while your child is getting undressed.

This is the way we take off our socks
 Take off our socks
 Take off our socks
 This is the way we take off our socks
 When we're getting ready for bed



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Talking Time:

Pre-schooler

Making bedtime fun

Using music as part of your child's bedtime routine can help them to relax.

- Make up silly songs together while your child is getting ready for bed.
- Take it in turns to sing the next word.
- Choose gentle music to help your child relax.
- Talk about the pictures in a nursery rhyme book together, as you enjoy the songs.

You could play nursery rhyme or song CDs or sing and say rhymes together. Why not change the words?



Hickory Dickory down
The mouse went
into town
He saw the streets
He bought some sweets
Hickory Dickory down

Hickory Dickory do
The mouse went
into my shoe
I put it on
The mouse was gone
Hickory Dickory do



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Talking Time:

Pre-schooler

Stories at bedtime

Sharing books and stories at bedtime is fun and will help your child settle before sleeping. Find a quiet, cosy place to snuggle in. Children love to hear their favourite stories over and over again.

- Children love stories about things they like such as dinosaurs, teddies, trains and characters from TV.
- When you read a story, ask your child what will happen next.

Richard Scarey's Bedtime Stories

Owl Babies by Martin Wardell and Patrick Benson (Walker Books)

Can't You Sleep Little Bear by Martin Waddell and Barbara Firth (Walker Books)

Bringing Down the Moon by Jonathan Emmett and Vanessa Cabban

You can borrow books from the library, all the books are free, for more information go to www.surreycc.gov.uk/libraries



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Talking Time:

Pre-schooler

Thinking about shapes and sizes

This is a great way for your child to look at different objects to understand shape and size. You could use these ideas in a paddling pool, in the bath, or even a washing up bowl.

- Count how many cups or spoonfuls of water it takes to fill a jug or a cup.
- Use containers to talk about half full, empty, too much, too little.
- Cover objects with a flannel or bubbles for children to guess what they are.

Suggestions for toys

- Empty plastic drinks bottles
- Plastic cups
- Jugs
- Ladles/spoons
- Egg cups
- A variety of plastic containers such as yoghurt pots



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Talking Time:

Pre-schooler

Exploring

Playing with water is an opportunity for your child to explore. Why not try the ideas out in the paddling pool, in the bath or even a washing up bowl.

- Freeze a small bath toy in a plastic cup of water and ask your child to guess what will happen if you put it in warm water. Watch together as the ice melts.
- See how many ways you can find to stop the water running out of a sieve.

Suggestions for toys

Spoons, wooden blocks, sieves, funnels, plastic pots, a variety of brushes, droppers, water pistols, plastic bottles, a variety of sponges, paint rollers, straws, food colouring, whisks and bath books.



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Talking Time:

Pre-schooler

Watery songs and rhymes

Everyone loves to sing in the bath and singing helps your child to hear rhythm and rhyme.

Choose songs that have a lot of rhythm so that your child can clap or splash along while you sing. Here are some ideas of good rhymes to try out:

- Rub-a-dub-dub
- Row, row, row your boat
- 1,2,3,4,5 once I caught a fish alive
- It's raining, it's pouring



Ask your child to think of all the watery words they know such as drip, drop, splish, splash, pour, splat. Sing or say them as they make the water move in that way. You could sing:

It's raining, it's pouring
The old man's snoring
He went to bed and bumped his head
And couldn't get up in the morning



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Talking Time:

Pre-schooler

In the garden

Children enjoy having the space to run about, explore and play. Don't let the rain put you off, just wear wellies.

- Plant seeds with your child and measure them as they grow.
- Ask what they can see in the garden. Encourage them to ask questions.
- Explore under the bushes and plants for insects.
- Let your child use a camera to take pictures of what they see.

Inside the house

- Use the fruit and vegetables from the garden to make a meal with your child, they can help by washing off the soil.
- Talk about what your child saw in the garden. Ask them to draw or paint it.
- Refer to pictures, books and the internet to name insects.



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Talking Time:

Pre-schooler

On a journey

Children can go on a journey whether you're just popping to the post box or travelling on holiday. Look out for familiar or new things when you are out and about.

- Choose something, like dogs, count how many you see.
- Collect things as you walk along, such as leaves and talk about them.
- Look at road signs and ask your child to guess what they mean.

Inside the house

- Encourage your child to draw a picture of what they saw on their journey.
- Later on ask your child to tell you what they remember from their journey.
- Look at a map of your local area and talk about how you get from your house to the park.
- Help your child to draw a map, it could be a treasure map.



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Talking Time:

Pre-schooler

At the park

Children love to run, jump, climb and swing. Don't let the bad weather put you off. Children don't mind rain or cold if they have the right clothes on.

- Your child will love doing silly walks with you, use small steps, strides, tiptoe, jump or hop. Try putting together a routine.
- Pretend to be different animals, things or people such as a rabbit, a plane or a soldier.
- Take turns making shapes with your bodies.
- Encourage your child to try new ways of moving.



Inside the house

- Use your hands and bodies to make shadow shapes on the wall or cut out paper shapes and see if your child can guess what they are.
- Play, Follow My Leader.



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Talking Time:

Pre-schooler

Going shopping

Help your child to enjoy going shopping.

Try the ideas below. Let your child have the money to pay for something they have chosen such as their comic.

- Plan an outing to pick your own fruit and vegetables so that your child can see how the food grows and what it looks like.

Inside the house

- Sort the shopping into different kinds of food.
- Make a shopping list with your child. You could make it with pictures.
- Let your child help you to sort paper, plastic and cans for recycling.
- Give your child a shopping bag and a variety of tins and boxes so they can play shops.



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Talking Time:

Pre-schooler

Going on a picnic

You can have a picnic anywhere, even inside if you spread a cloth or blanket on the floor.

- Take a camera and encourage your child to take photos.
- Talk to your child about which foods they like or dislike. Ask them to help share out the food. Is there enough or too much.
- Encourage your child to choose healthy foods and to drink lots of water.

Inside the house

- Talk to your child about what you need for the picnic and where you are going.
- Let them help make sandwiches and choose what food to take.
- When you get back talk about the picnic.
- Make a book with the photos or drawings and talk about what you did.



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