



Surrey Family Information Service

Talking Time: Toddler

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:

Toddler

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.
- Snuggling up together for a story, away from the TV and dimming the lights, helps children settle down.

Storytelling

Toddlers love to hear stories about themselves. You could tell a story with your child having the adventure, it doesn't have to be complicated, it can just be about something they have done, like a trip to the park.



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Talking Time:

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Making bedtime fun

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

- Talk to your child about their favourite music. Snuggle up on the bed and listen together.
- Sing along to their favourite bed time nursery rhyme together.
- Look at the pictures in a nursery rhyme book together.

You could sing this nursery rhyme together:

Twinkle, twinkle, little star
How I wonder what you are
Up above the world so high
Like a diamond in the sky
Twinkle, twinkle, little star
How I wonder what you are



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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.

- Let your child help you make up a story and decide who's in it, where they'll go and what they'll do.
- Let your child point to the pictures in the book as you read.

The Bedtime Bear: A Pop-up Book for Bedtime

by Ian Whybrow and Axel Schafer

Lullabyhullabaloo by Mick Inkpen

Good Knight Sleep Tight by David Melling

Peace at Last by Jill Murphy

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:

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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.

- Talk about what happens when your child squeezes a sponge.
- Fill different containers with water and then pour the water out. Talk about the containers being full and empty.

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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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.

- Give your child a straw to blow bubbles in the water, add bubble bath and let them use a whisk or add drops of food colouring and talk about how the water changes.
- Give them some different sizes of brushes and let your child paint the wall or the floor outside with water.

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:

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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 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

You could match the toys your child is playing with in the bath with the rhymes or songs you're singing, you could sing:

Row, row, row your boat
Gently down the stream
Merrily, merrily, merrily, merrily
Life is but a dream



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Talking Time:

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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.

- Let your child dig and play in soil so they can explore how it feels. Use words like smooth, rough, hard and soft. Add water to the soil and talk about the difference this makes.
- Plant seeds or bulbs. Talk about what the plants need to grow and let them do the watering.

Look for insects and talk about what they look like.



Children love to use magnifying glasses or bug boxes. You could go to the library and get out a book on insects. Then they can find out more about what they have seen in the garden. Always make sure your child puts living creatures back where they found them.



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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.

- Try counting red cars as you go.
- See how many sounds you can hear on your trip, see if your child can copy them.
- Point out what you can see, hear and smell.

Give your child a camera so that they can take photos of things they like on the journey.

You can print the photos off and help your child to stick them in a book or on paper. Look at the finished book or paper together and use them to talk about where you've been.



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At the park

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

- On a sunny day get your child to spot their shadow, chase your shadow and jump on it. Look at shadows on the ground, ask if they know what they are.
- Encourage your child to make their shadow tall or short

Talk to your child about the different ways they can move as they go around the park such as crawling, climbing and jumping.

You could play Simon Says or a Stop/Go game where the children only move when you say go and have to stop when you say stop.



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Going shopping

Help your child to enjoy going shopping. Try the ideas below. Remember young children put things in their mouths so be careful what you give them.

- Talk about what you need to buy and ask your child to remind you at the shop.
- Talk about anything and everything you see such as packets, meat, fish, fruit and vegetables.
- Ask your child to tell you when they spot items they know and recognise.

When you get back you can play shops.

Save empty packets and give your child a shopping bag. Ask them to go and buy different items.



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Going on a picnic

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

- Let your child choose a doll or teddy to take to the picnic. Encourage them to pretend to feed their toy when you're sitting down to eat.
- On the way, talk about what you can both see and encourage them to walk part of the way.

Encourage your child to look at and touch natural things around them such as trees, grass and stones.

Children love collecting things, so set out to find as many different leaves as you can. Always make sure your child does not pick things unless it is okay to do so.



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