

Communication Development

Play a game with your child, they can either follow your instructions or do it with a figure/soft toy for more fun...

“Can you sit on the chair, clap your hands and pick up the cup?”

“Can you put your bear on the chair, take an apple from the bowl and close the door?”

Let your child give you some instructions, make it fun and get them wrong every now and again

Extended idea: Play Simon says... a listening game where your child only completes the action if you say ‘Simon says’ at the beginning.

Try and catch them out! **(Q5 48m Q4 54m)**



Have a go at being curious...

Ask your child about their favourite toy-

Give eye contact as they speak

Give them at least ten seconds to start to speak

Listen carefully

Did they tell you at least two things about the object?

Extended idea: Can your child put their toy in view and have a go at drawing it?

Ask your child...

“What do you do when you are hungry?”

“What do you do when you are tired?” **(Q2 48m)**

Extended idea: Can you build a den together using things in your home? Enjoy a story in the den afterwards.



Other ideas from the Communication Trust:

The trolley challenge...

Every time you put something in your trolley – ask your child to tell you 2 things about it, e.g.

banana – ‘It’s yellow and you eat it’

(Q3 48mths Q1 54 mths)

Top tip- Use comments and prompts to keep the conversation up. They’re better than questions for keeping children involved. For example, if your child is eating an ice-cream, comment, ‘Mmm, that looks good. I love ice-cream.’ They can then respond with more words than if you ask ‘What’s that you’re eating?’

Put aside time each day for talking together.

Listen carefully to your child when they speak, see if you can hear them using word endings like ‘ed’ ‘ing’

e.g. “I played” “I’m playing”

(Q4 48mths Q3 Q6 54mths)

How often do they speak using all words in a sentence?

“I’m playing with my doll?”

“Are you coming to the shop?”

(Q6 48mths Q2 54mths)

Extended idea: Role play with your child, be a doctor, dentist, play shops etc. to model speaking in full sentences.

Does your child use four- and five-word sentences?

(Q5 54mths)



Open the food cupboard in your kitchen, have a chat about what you see...

Can your child name three food items they can see? (Q1 48mths)

Extended idea: Choose a meal to prepare together, allow your child to take the lead!

Physical Development – Whole Body Movement



Challenge your child to:
crawl like a bear,
balance like a flamingo
hop like a bunny rabbit
(Q5 Q1 54mths) (Q6 48mths)



Use rolled up socks and see if your child can help you throw them in the washing basket.
Concentrate on overarm throws.

Play ball games outside in the garden or at the park.
Can your child catch and throw a ball to you or their friend?
(Q2 Q4 54mths) (Q1 Q3 48mths)



Jump like a frog

Put 2 feet together and jump on to paving stones
outside or tiles when you are at the supermarket.
Can you do 2 frog jumps for me?

(Q5 48mths) (Q3 54mths)

Challenge your child to a follow the leader game.
Can you hop like me, jump like me and walk on
your tiptoes?

(Q1 Q3 Q5 Q6 54mths) (Q4 48mths)



Going to the park

Notice if your child can climb the ladder of the
slide.

(Q2 48mths)

Make your own obstacle course

Use rope, boxes, chairs or anything you can find
to encourage different ways to move.

Concentrate on balancing, hopping and walking on
tiptoes.

(Q1 Q5 Q6 54mths) (Q4 Q6 48mths)



Physical Development – Small Movements

Getting dressed.

Let your child try to do their zips and buttons.

Putting on their own socks encourages hand and finger muscles to work, children will need these to write later on.

Make a game about getting dressed.

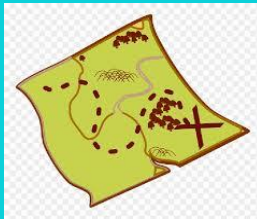
Use timers to encourage moving quicker. Put clothing under and on top of Furniture etc. to encourage crawling and climbing safely. **(Q4 48mths) (Q2 54mths)**



Challenge your children to draw a map using these shapes- L + O I

X marks the spot

(Q1 54mths) (Q3 48mths)



Use large pieces of paper on the floor to draw on. Draw a line, short or long, can they trace or copy?

Try it in the bath with bath crayons or on the floor outside with chalk. Even use a paintbrush and water and try it on the wall or shed in the garden.

(Q4 54mths)



Colouring and puzzles are a calming and mindful activity for children.

Does your child stay in the lines when they colour? Can they complete a simple 5-piece puzzle?

(Q3 54mths) –

(Q1 Q6 48mths)



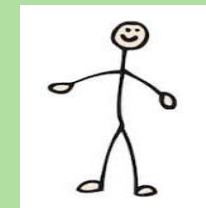
Can your child use scissors to cut a line in paper? Ask them to help you wrap a present for someone they love.

(Q2 48mths) (Q6 54mths)



Can your child draw their favourite person?

(Q5 48mths Q5 54mths)



Solving Problems

Cut out three small, three medium, and three large circles. Colour each set of circles a different colour (or use coloured paper for each). Your child can sort the circles by colour or by size. You can ask your child about the different sizes. For example, ask your child, "Which one is the smallest?" Try this game using three different size buttons. **(Q2 48mths)**
(Q4 54mths)



Invite your child to play counting games.

For example, using a large piece of paper, make a simple board game with a straight path.



Use dice to help them count. Count with your child and encourage them to hop the game piece to each square, counting each time the piece touches down. **(Q5 54mths)**

Model different scenarios throughout the day when you need to remember a series of numbers and ask your child to help you. For example, the beginning of a phone number, a password or pin number. **(Q1 48mths)**



A good activity to learn location words is to build roads with bridges and blocks. Use toy cars to go



on the road, under a bridge, between houses, park in the middle of the red and blue car, and so forth. **(Q3 48mths)**

Look out for numerals in the environment- at home and when you are out and about. For example, talk about road signs, vehicle registration numbers, packaging and labels. **(Q6 54mths)**



Go on a walk and look for different colours in nature. Pick up things you find, bring them home and help your child sort them into groups. For example, groups can include colour, or by type, rocks, petals or leaves. **(Q4 48mths)** **(Q1 54mths)**

Pretend to be an animal. Encourage your child to use their imagination and become a 'kitten' or a 'puppy', for example. You can ask, "What do kittens eat?"

or "How do kittens play?" to encourage and develop their play acting.

(Q5 48mths) **(Q2 54mths)**



Help your child to count several objects accurately using everyday objects and activities. For example, lining up and counting the number of socks before putting them into a drawer and the number of plates at mealtimes. **(Q6 48mths)** **(Q3 54mths)**

Personal & Social Development

Who am I? Teach your child their first name and surname. See if you can make this into a singing game.

E.g. "Katie Hall, Katie Hall, where are you? Here I am here I am how do you do?" (to the tune of 'Tommy Thumb').

Draw pictures of yourself with your child. See if they can tell you if they are a girl or a boy.

Start to teach your child their address. Point out the number on your door? Look at and talk about the numbers together.

See if you find that number anywhere else. Like on buses, birthday cards and the washing machine. Talk about the name of your street. Point to your street sign. Talk about the town where you live e.g. I am going shopping in Leigh. I am going to my Grandma's house in Wigan. **(Q2 48mths Q5 54mths)**



Sing your favourite song while you wash your hands.

Glitter germ hands!

Put some glitter in a bowl of water and place your hands into the sparkly water together. Talk about how the glitter can be like germs. "Now let's see if we can wash the glitter germs off our hands!"

(Q3 48mths Q1 54mths)

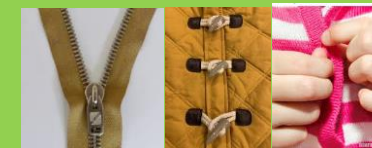


Take some time together to practice zipping up coats, putting on shoes and fastening buttons.

You could make this into a dressing up game or challenge!

See if your child can put on their socks before you count to 5!

Give them lots of encouragement to beat the count down! Gather some different types of clothing and see if you can dress up together. You could even dress your doll, teddy or one of your favourite characters. **(Q6 48mths Q5 54mths)**



Play with teddies and toys

Sit the teddies or favourite toys in a circle. Sing your favourite nursery rhymes together. Talk about some of the games you play at nursery and who their favourite friends are. **(Q4 48mths Q2 54mths)**

When you are brushing teeth each morning and night, use the mirror to look at their teeth, talk about how much toothpaste you are using (pea sized amount). Notice the bristly feeling on your teeth and gums, taste the mint flavour of the toothpaste and notice the coolness of the water. **(Q3 54mths)**



In the bath! Use different sizes of plastic cups, jugs, large spoons and ladles to pour the water from one container to another.



Use whisks to create bubbles and foam in the water.

Plan a picnic together! See if your child can help you to make sandwiches by spreading on the cheese or jam onto the bread. Lay out some plastic cups, ask your child to pour out the drinks carefully, pouring a small amount.