



Surrey Family Information Service

Talking Time: Pre-schooler Set 1 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!



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

www.surreycc.gov.uk/fis

Quality time

Meal Times



Talking Time:

Pre-schooler

Blowing bubbles

Children of all ages love bubbles, you can use shop bought bubbles or make your own.

- Make the bubble mixture together.
- If you are outside let your child chase and catch the bubbles.
- Try adding food colouring to the bubble mixture and press paper on to the bubbles, to see patterns.

Bubble recipe

- 600 ml of water
- 150 ml of washing up liquid
- 2 tablespoons of glycerine (available from the chemist)



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Talking Time:

Pre-schooler

Moving to music

Everybody enjoys listening to music whether it is nursery rhymes, classical, pop or music from around the world. Moving to music is a great way for your child to express themselves.

- Talk to your child about their movements as they move to the music. Ask if they can curl up small or stretch tall.
- Let your child choose music and show them how to use the CD player.

Play lots of different kinds of music and talk about what they like or don't like. Sing action rhymes and songs and help your child to copy the actions.

Head, shoulders, knees and toes, knees and toes
 Head, shoulders, knees and toes, knees and toes
 And eyes and ears and mouth and nose
 Head, shoulders, knees and toes,
 knees and toes



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Talking Time:

Pre-schooler

Playing games

Playing games with your child can be fun and will help them to learn about taking turns. Choose a game that doesn't take too long.

- Use a tray of objects and remove one while your child closes their eyes. Ask them to guess which object has gone.
- Let your child roll a dice and count out that number of raisins.

Card games

- Put picture or number cards face up, turn one over and see if they can remember which picture it was.
- Play a game with a pack of cards, guess whether the next card will be higher or lower.
- Play snap or picture dominoes.



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Talking Time:

Pre-schooler

Fun with play dough

Children enjoy playing with play dough and it is cheap and easy to make.

- Encourage your child to help you make the play dough and follow the recipe together. As you heat the ingredients describe the changes that are happening. Talk about how you made the play dough, what you did using words like first, next, after and last.
- Give your child a cup cake tin or an empty egg box so that they can divide the play dough equally. Cut up straws, these make great candles for a play dough cake. Give your child plates, so that they can share with their teddies.
- Let your child use children's scissors or a pizza wheel to cut the play dough.

You'll find a play dough recipe on the next card.



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Talking Time:

Pre-schooler Play dough recipe

- 3 cups of sifted flour
- 1 ½ cups of salt
- 6 teaspoons of cream of tartar
- 3 ¼ cups of boiling water
- 3 tablespoons of cooking oil
- Food colouring

Mix all the dry ingredients together in a saucepan. Mix in the wet ingredients (except for the food colouring) and stir until there are no lumps. Cook on a high temperature for three to four minutes until dough forms. You can add food colouring to change the colour, knead the dough to work the colour in. Store it in an airtight container.



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Talking Time:

Pre-schooler

Messy play

Children love to get messy and use all of their senses to explore the world around them. Let your child know it's okay to be messy. It's a good idea to try this before bath time.

- Give your child objects such as sieves, beakers, spoons or potato mashers, to use in some mixture.
- Bury things like shells, pebbles, plastic dinosaurs or animals, in the mixture for your child to find.

Fill a washing up bowl or bucket with any of the following mixtures and let your child explore

- Jelly
- Cooked pasta
- Cooked rice
- Mashed potato
- Gloop (mix cornflour or custard powder and water until it is stiff – it will become more liquid when handled)



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Talking Time:

Pre-schooler

Cooking

When you are cooking with your child start by making sure they can reach the table and that all the ingredients are ready. An apron will help to keep them clean. Always watch your child if they are using a knife.

- Go to the library to find a children's recipe book.
- Choose something to make together and go shopping for the ingredients.
- Children enjoy pretend cooking. Use play dough to make cakes to share with their teddies and dolls.
- Choosing how to decorate cakes or pizzas is fun.
- Talk to your child about how things change when you heat them up or cool them down such as when making cakes or jelly.
- When cutting up fruit for a snack, talk about how many pieces you have.



You'll find a pizza recipe on the next card.



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Talking Time:

Pre-schooler

Cooking

Pizza recipe

Ingredients

- Pitta, naan or half a baguette
- Tomato sauce
- Mixed dried herbs
- Cheese
- Your child's favourite toppings, such as ham, mushrooms, sweetcorn and tuna.

Method

1. Spread the tomato sauce over the bread.
2. Sprinkle with the herbs.
3. Top with the grated cheese and any other toppings your child likes.
4. Bake in a preheated oven 200 C or gas mark 6 for 5-10 minutes.



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Talking Time:

Pre-schooler

Washing hands

It is really important for children to learn how to wash their hands and it can be fun too.

- If your child is able to wash their hands without help they may like to help a younger brother or sister, although they may still need watching.
- Praise your child if they wash their hands without being told.

Sing "this is the way we wash our hands" to the tune of "Here we go round the Mulberry bush" as this will make the task fun.

This is the way we wash our hands
Wash our hands, wash our hands
This is the way we wash our hands
On a cold and frosty morning.



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Talking Time:

Pre-schooler

Eating together

Having meals together helps children understand how to take turns and join in the conversation. Turn off the television or radio as this will encourage everyone to talk.

- When setting the table give your child more or less knives and forks than they need. Let them work out if there are too many or too few.
- Talk about who sits where and use words such as opposite.

While you eat your meal, talk about what your child has been doing that day.



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Talking Time:

Pre-schooler

Washing up or stacking the dishwasher

Make washing up into a game for your child. Keep it fun and take the opportunity to chat. They can help stack the dishwasher.

- Talk about what you are doing while your child watches you. Use words like scraping and rinsing.
- Stack the dishwasher together. Ask questions like “where shall we put this bowl?”
- Let your child press the ‘on’ button.

Here’s an activity you can do outside.

Give your child a bucket or bowl of water and big brushes (paint brushes are good) and let them paint patterns on the patio or walls of your house. Or give them soapy water and sponges and let them wash your outside furniture.



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