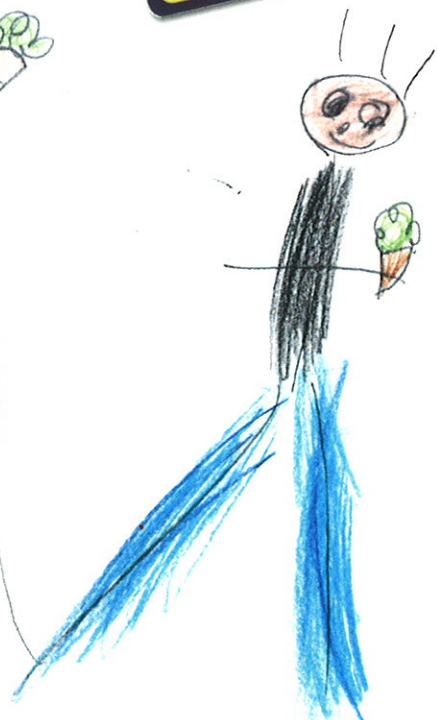
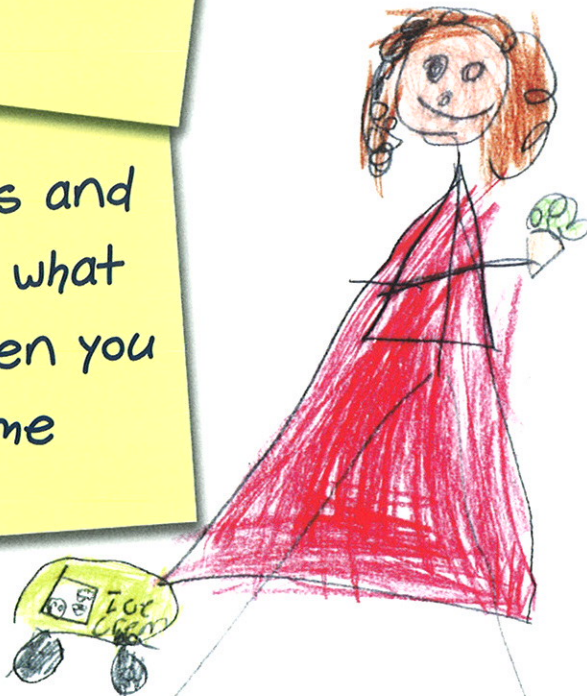
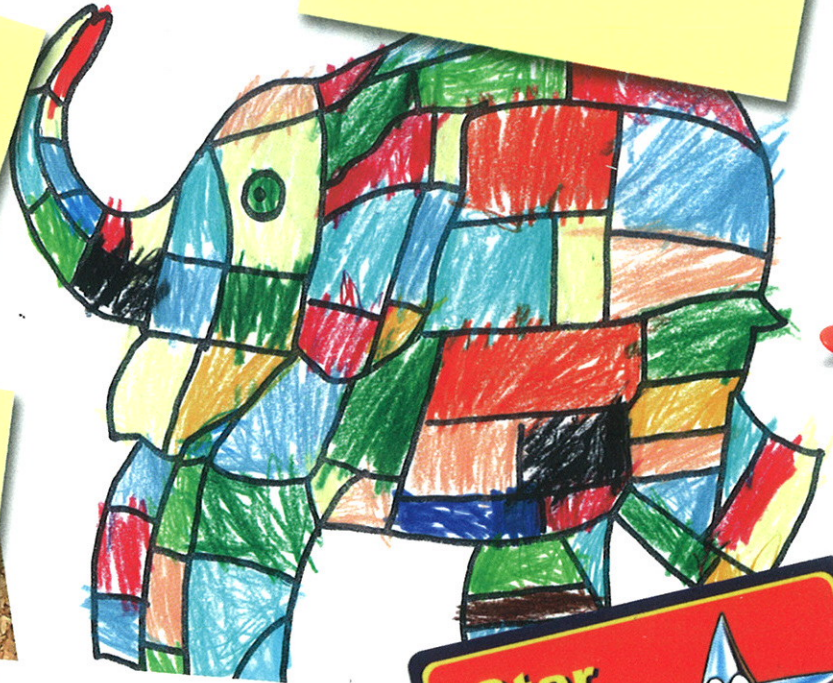


Prepare  
for the  
journey

Draw pictures  
when you get  
home

let them  
explore

Take photos and  
talk about what  
you saw when you  
get home

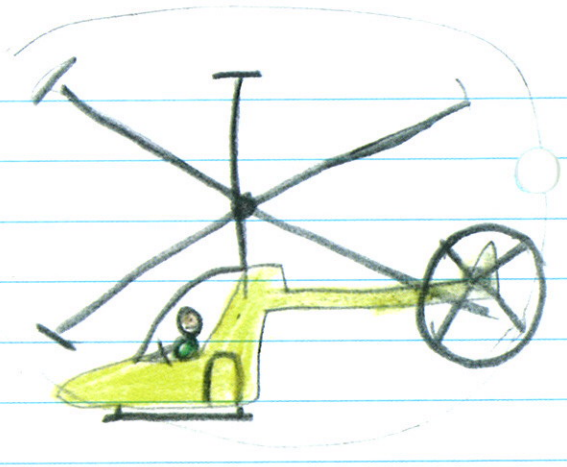








# On the move



Prepare your child for the journey, chatter about where you are going and what you might see on the way.

In the car listen to songs, rhymes and join in! Make up your own rhymes or songs.

Tell your child stories, if it's a traditional tale, put the child's name into the story.

Talk about directions, where you are going, who you are going to see, what you might do when you get there etc.

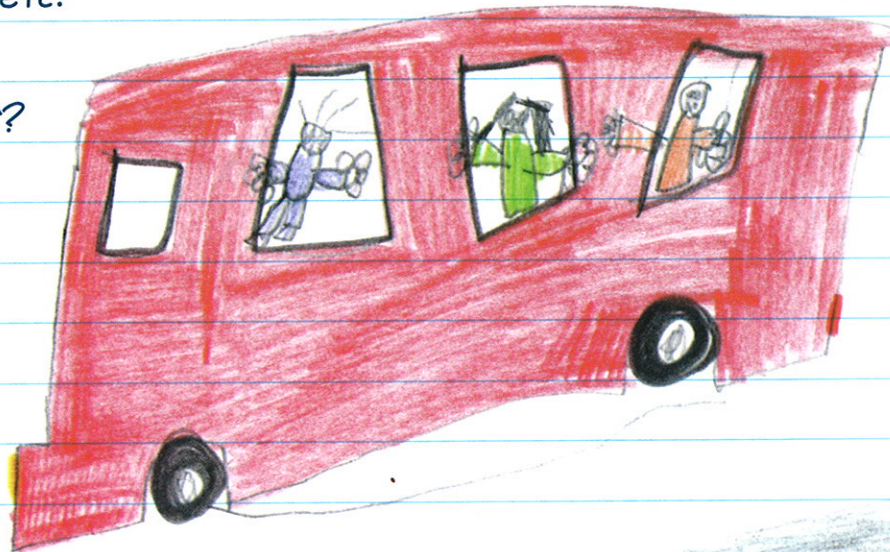
Look at your child as often as you can to check in with their expressions and how they are feeling, especially if it's a long journey.

In the car listen to stories on CD and talk about them.

Play 'I Spy' but using colours etc.

Do you need to go in the car?

Take time to walk and have conversations. Talk about the world around you as you go, what you can see, hear, smell etc. Never mind the weather, wrap up, splash in puddles, have fun and enjoy the fresh air.





# in the park

Prepare  
for your  
trip

Extend  
your child's  
vocabulary. Talk  
what about what  
you are doing

Go on a  
'sound walk'  
or an 'I spy'  
walk

Find things  
and talk about  
them

Look at you  
child when you  
are talking to  
them

Follow  
your child's  
interests

Take photos or  
draw what you  
see and make  
a scrapbook

Read  
signs and  
notices





# In the park

Extend your child's vocabulary! Talk about how you are moving around, get your child skipping, turning, running, jumping, swinging etc. Talk about more, higher, tired etc.

Follow your child's interest, talk about the things they see and what they are chattering about, pointing to.

Prepare your child for the trip, talk about what you might see, hear, smell etc and prepare them for going home.

Look at your child when you are talking to them. Let your child see your facial expressions and respond to their expressions and how they are feeling.

Find natural materials and talk about colour and how they feel, smell etc, if you worry about cleanliness take wet wipes with you! Extend their vocabulary, talk about wet, squashy, muddy, tickly etc.

Go on a 'sound walk'. Decide upon the sounds you might hear and then tick them off when you've heard them. Draw pictures when you get home.

Read the signs around you and talk about what they mean with your child.

Take photos (on your phone maybe) and talk about what you saw when you get home, you could even print the pictures and make a collage!





# shopping

Go shopping.  
It's time to talk

If your child has a tantrum, stay calm!

Plan your trip

Follow your child's interests

Write/draw a shopping list

Talk about what you are buying

Get your child to make choices

Look at your child when you talk to them

Let them buy things and extend their vocabulary

Chatter!





# Shopping

Take your child shopping, it's an opportunity to chatter! It may be challenging but it can be a great time to develop good communication!

Make a shopping list together and talk about those items as you look for them.

Think about going at a time when your child isn't hungry, tired etc and don't make your shopping trip too long.

Follow your child's interest, talk about the things they see and what they are chattering about, pointing to.

If your child has a tantrum, try and stay calm! Don't give in to demands but reward good behaviour with praise and something nice for lunch!

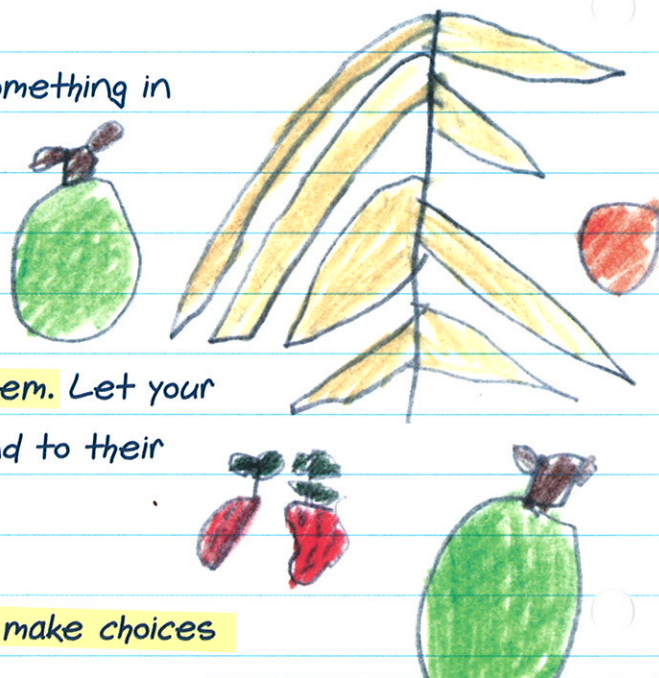
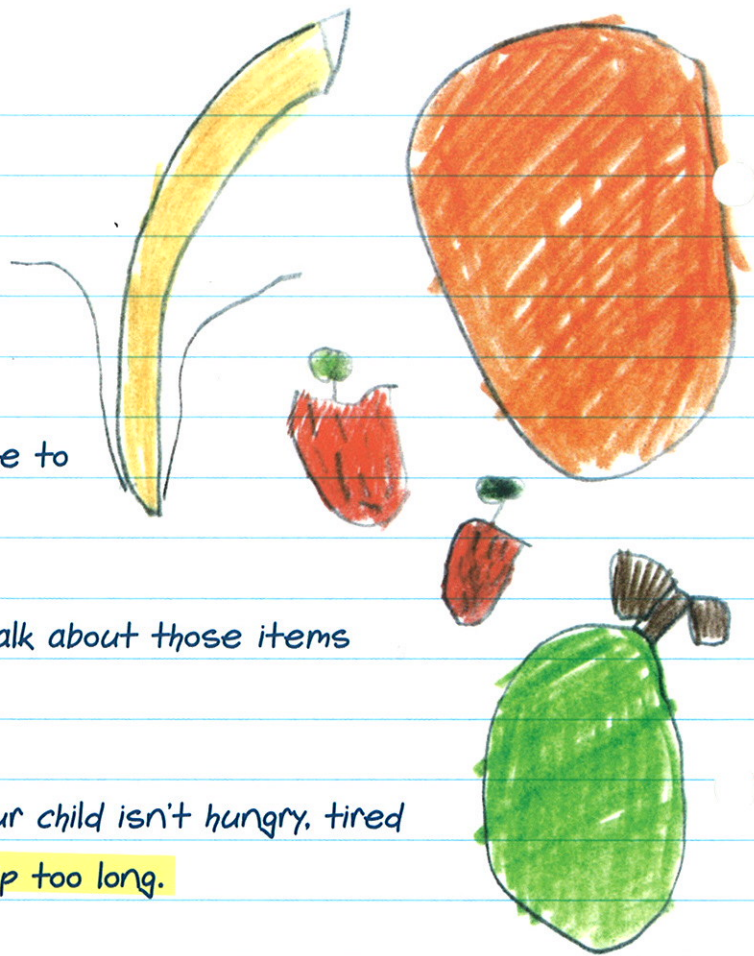
Talk about what you are buying e.g., 'Shall we have green or red apples?'

Let your child have a little basket to put something in and talk about heavy, light, big etc.

Chatter to your child, however young!

Look at your child when you are talking to them. Let your child see your facial expressions and respond to their expressions and how they are feeling.

When they are old enough get your child to make choices e.g., 'what shall we have for lunch?'







# Shopping Maths

When you are out and about shopping there are so many things you can do to help with understanding of maths – counting items into the basket or bag.

How many potatoes have we got? How many more do we need? Which is the biggest packet of cheese? How many tins of beans in a multi-pack? Can we find something which costs less than 50p, or more than £2?

Look for numbers in the shop: the aisles, the tills, the prices. Can you read the numbers together? What is the biggest or smallest number we can find? Can we use the 10 items or less checkout? Can you find anywhere that numbers are in order? How far can you count in order? How many trolleys or baskets do we think there are?

Your purse can be very interesting to children and help them understand that numbers and money is important in our lives. Explore your purse in lots of ways. How many 1p pieces do I have? How many coins altogether? How many silver coins do I have? Will I have enough to pay for the shopping? Why does the shop keeper give me some money back? Why is some money paper and some money metal? Why do we have lots of different values for money? Why can't all coins be penny coins?

Shape is really important and lots of packages and boxes have interesting shapes. What shapes can we see in the supermarket? Look at the shape of the whole box and the shapes of each side. Are they the same or different?

Talk about the queue. Who is 1st, 2nd? Children need to understand that 1st, 2nd, 3rd, is like 1, 2, 3, but that it explains the position of someone rather than the value of something.

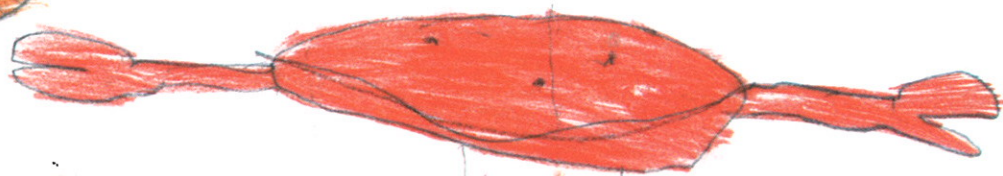
Think about weight and size of the shopping. What is the biggest item we have bought today? Is this also the heaviest? How many items will fit into a carrier bag? Is it always the same number of things we can put in? What are the easiest things to pack in the bags? Why?

The car park can also be a good place to find maths. Look out for numbers on registration plates, busses or signs. Play with numbers and try to make puzzles or work out simple problems. Count how many blue cars and red cars to see which is the most popular colour.

There is so much to talk about when you are at the shops and this really helps children to see maths and numbers in the real world and why it is important.



# at the beach



Look for  
things and talk  
about the  
things you find

Look at  
your child  
when talking

Talk about the  
things you  
are doing

Extend your  
child's vocabulary.  
Introduce them to  
new words

Listen and talk  
about what  
you hear

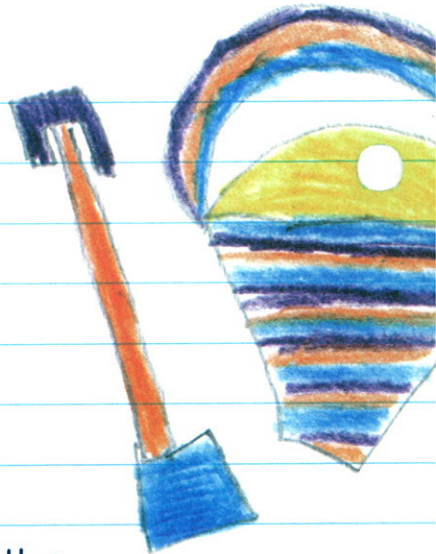
Be well  
prepared for  
the trip

Explore but  
talk about  
hazards risks

Take photos or  
draw things  
you see. Use  
this to make a  
scrapbook



# At the beach



Extend your child's vocabulary! Talk about how you are moving around, get your child digging, splashing, running, jumping etc. Talk about more, tired etc.

Explore rock pools, look for sea creatures, build sandcastles, paddle, dig for worms, get excited about what you find!

Decide upon the sounds you might hear and then tick them off when you've heard them. Draw pictures when you get home.

Prepare your child for the trip, talk about what you might see, hear, smell etc. Let them choose things to take with them, balls, buckets, spoons, hats, sun cream, drinks etc.

Look at your child when you are talking to them. Let your child see your facial expressions and respond to their expressions and how they are feeling.

Talk about hazards they may come across and what they can and can't touch but let them explore. Let them dig, splash, feel etc and talk about what they can feel, hear, smell etc.

Find natural materials and talk about colour and how they feel, smell etc, if you worry about cleanliness take wet wipes with you! Extend their vocabulary, talk about wet, splashy, sandy, rough etc.

Take photos (on your phone maybe) and talk about what you saw when you get home, you could even print the pictures and make a collage!

