



TALK at Home...

BEDTIME

Ideas and activities to support your child's
Speech, Language and Communication

toddlers



Welcome!

Good communication and language skills lead to happy, confident children who are good talkers.

Good talkers make GREAT learners

The best thing is, you don't have to do or buy anything special to help develop their language and communication skills.

All they really need is YOU!

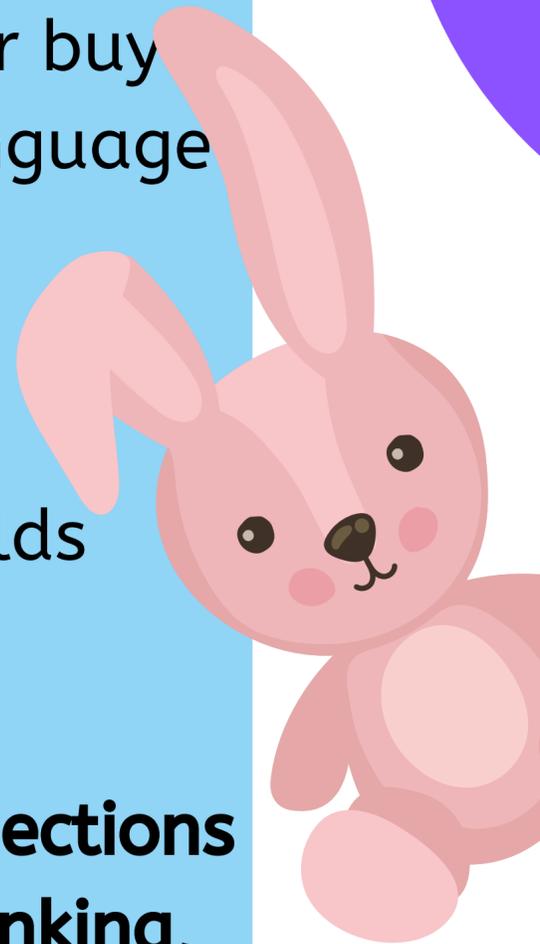
Everytime you talk to your child it builds connections in their brain.

The more you talk the stronger these connections grow, and the easier time they'll have thinking, talking and learning.



This pack has lots of ideas to add even more talking into you and your toddler's daily routine

Even just 5 minutes spent on one of the simple activities in this book will make a difference.



Words to use at bedtime



Children need to hear a new word lots of times before they start using it themselves. Using the word lots of times in different situations will support your child's language development.

Did you know?

It is important for your child to learn a variety of word types in order to talk in short sentences. You can use lots of different types of words when talking to your child at bedtime, not just the names of things

Naming words

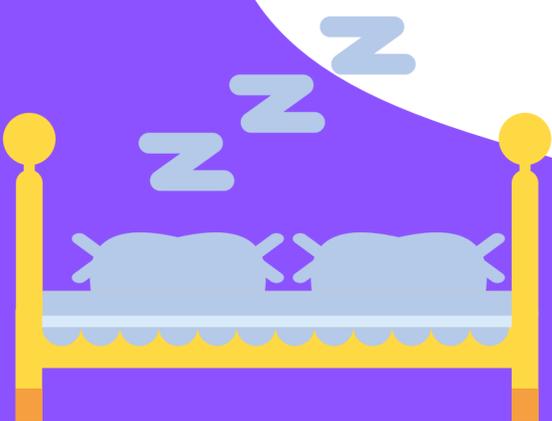
Teddy Bed Star
Book Doll Eyes Hair
Brush Moon Pyjamas
Pillow Toothbrush

Action words

Sleep Kiss
Read Lay
Cuddle Wash
Squeeze

Describing words

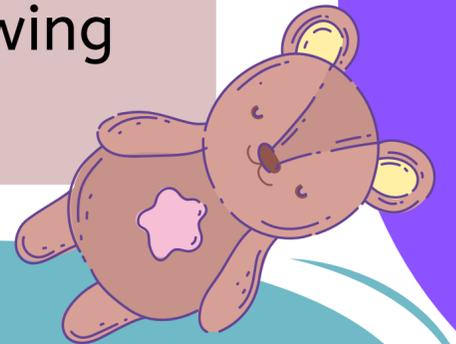
Night Dark Big
Small Soft
Shiny Tired



Everyday talk



Repeat different types of words often, through your bedtime routine. Make them stand out when you use them by exaggerating your voice tone and slowing down a bit.



It can be hard to know which words will be the most useful for your child to hear.

Try watching them and thinking **'What would they say if they could?'**

"Teddy is very... **TIRED** (yawn). He needs to go to bed and have a good sleep. Then he won't be so tired."

"It's dark outside because it's night time. Look we can see the moon and the stars at night time."



"Do you want to choose big doll or small doll to cuddle in bed?"
"Big doll, lay down and close your eyes. Good night."



Remember

Using different words, lots of times, in different situations, will support your child's language development.

Talk and play



Put teddy to bed

Before your toddler goes to bed, make a game of putting their dolls or soft toys to bed.

Talk through the routine of what you are doing. If your child doesn't know what to do, try giving them choice.

You can use this opportunity to give your toddler simple instructions to follow

Teddy is tired, let's get him ready for bed. Should we wash his face or clean his teeth first?

Let's wash teddy's feet

Let's tuck teddy into bed and give him a kiss goodnight

Did you know?

Pretend play is critical for developing oral language. Researchers discovered that children who did lots of pretend play, used a lot more complex words and longer sentences than they would use in normal situations.

The more pretend play, the better!



Sharing stories

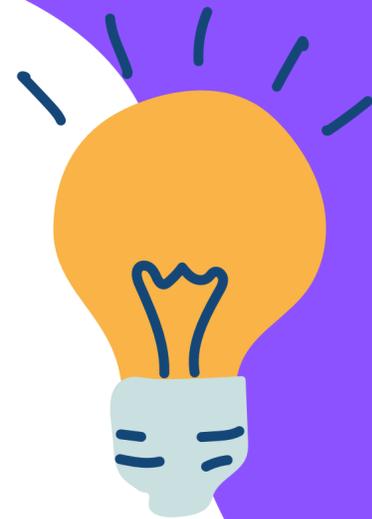
Don't have a copy of these books at home and can't get to a library?

Lots of books have video versions on YouTube

Books really help your child to learn new words.

Sharing stories with your child is fun! It's never too early to share books with your child, toddlers love to hear your voice and look at the pictures.

Just ten minutes of sharing stories as part of your evening routine will give your child the chance to learn new words and fall in love with reading.



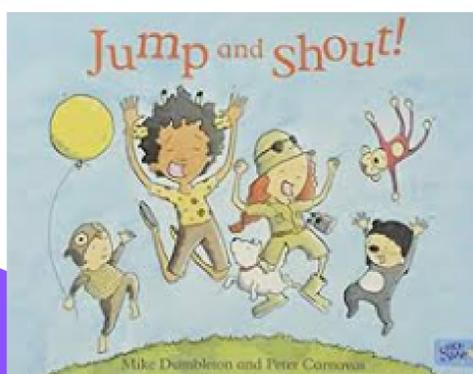
Guess how much I love you by Sam Mc Bratney

A lovely bedtime book to share with your little on how much you love them. You don't have to say every word in the book, just talking to your child about the pictures will help your child to learn new words.



FACT!

Bedtime stories are proven to help develop a bond between parents and children, lower children's stress levels and reinforce their literacy skills and development of language.



Jump and shout by Mike Dumbleton

Follow the children in the book as they go through the routine of their busy day, before snuggling up in bed. A fun rhyming story of actions, sounds and movements, and a great way to start talking to your child about their day.

Click [here](#) to join the local library or find/reserve a book

Sing-a-long

Click below or search

BBC radio EYFS



for the tunes and more
songs and rhymes

Including a song or lullaby into your child's bedtime routine is a great opportunity to help them learn as well. They learn how to talk from listening to us speak or sing, and some children will even sing before they start talking.



Twinkle Twinkle Little Star

A relaxing lullaby to share with your toddler at bedtime.

Click [here](#) or search 'BBC radio EYFS' to listen to the song



Sleeping Bunnies

Sing along with Mr Tumble as he sings and signs Sleeping Little Bunnies.

Click [here](#) or search 'cbeebies sleeping bunnies' to listen to the song



Fact!

Nursery rhymes are important for toddlers because they help them to hear, repeat and understand words. Both rhyme and rhythm help them hear the sounds and syllables in words, which later helps them learn to read!

TOP TIPS

To give your child a great start on their language journey, think **FAST CARS**



F	Face to face	When you are face to face with your child, it shows you are listening and ready to interact.
A	Attention	Make sure you have your child's attention. Try saying their name first to gain their attention.
S	See what interests them	Follow your child's lead as they show you what they are interested in.
T	Time to respond	Children need time to put their thoughts together before they respond, so give them time.
C	Comment	Make comments and reduce the number of questions you ask, as comments lead to more talking.
A	Add to what they say	Build on what your child says by adding a word (e.g. child says "car", you say "shiny car").
R	Repeat	Children need to hear new words lots of times in different situations, so repeat, repeat, repeat!
S	Say it back to them	If your child says something incorrectly, say it back to them the right way (e.g. "yes, it's a CAR!")

Bedtime Bingo

Use our Bedtime Bingo board to mark off/colour in each time you do an activity from this booklet.

Even if you just do one of these then you are already helping your child's language development.

We've left some spaces blank for you to fill with your own little talking wins



Share a bedtime book

Use a naming word in your bedtime routine

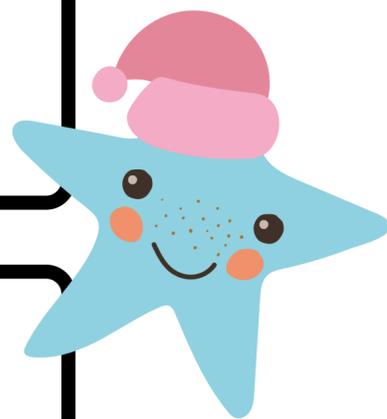
Sing 'Sleeping Bunnies'

Use an action word in your bedtime routine

Make a game of putting toys to bed

Sing 'Twinkle, Twinkle'

Use a describing word in your bedtime routine



Want more ideas to up your talking time?

Check out BBC Tiny Happy People

<https://www.bbc.co.uk/tiny-happy-people>

You can also find them on Facebook and Instagram





Talk to me at bedtime

Bedtime provides a great opportunity to develop your child's speech, language and communication skills.



 Make bedtime a special time to listen and talk about the day. What happened first, then, next..... this helps your child to become aware of the sequence of their day.

 Talk about different feelings from the day (e.g. being happy, excited, or perhaps feeling cross or sad).

 Read or tell stories, use different voices and sounds for the characters.

 Cuddle up and sing a favourite lullaby – your voice is special to your child.

Cut me out and keep me!

Rock-a-bye baby
on the tree top
when the wind blows
the cradle will rock
when the bow breaks
the cradle will fall
down will come baby
cradle and all