



TALK at Home...

BEDTIME

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

pre-school



Welcome!

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

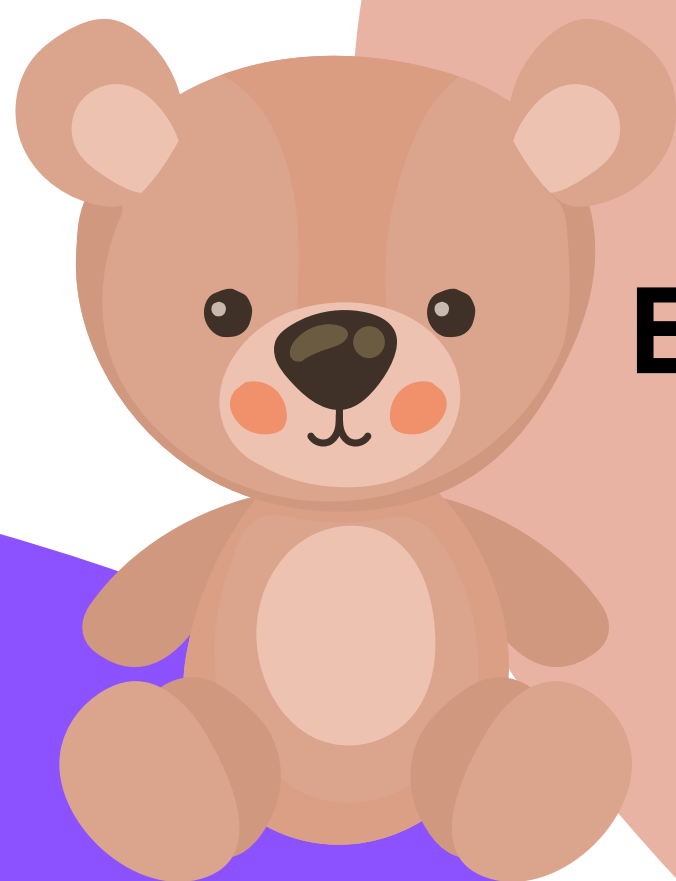
Good talkers make GREAT learners

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!

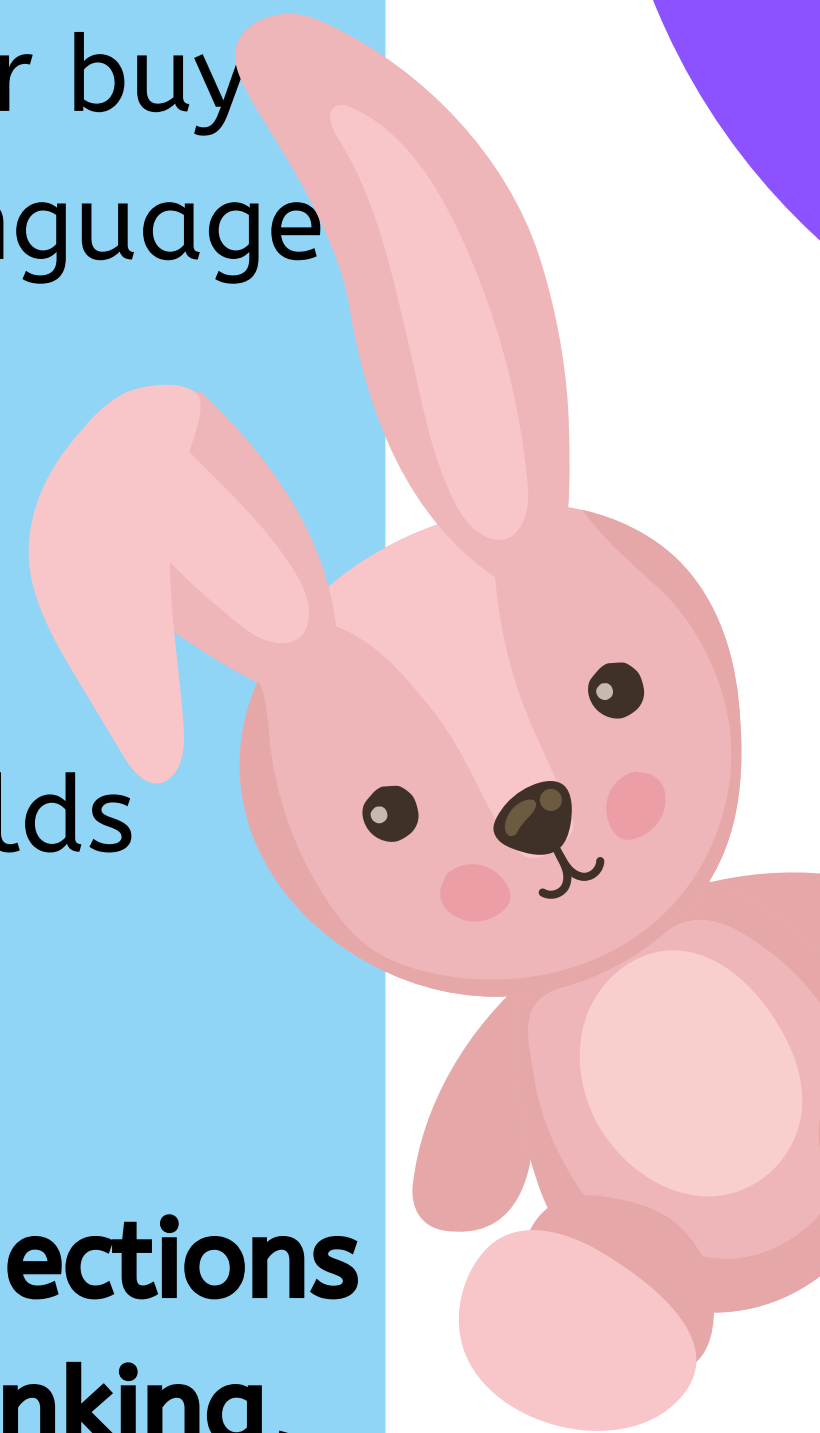
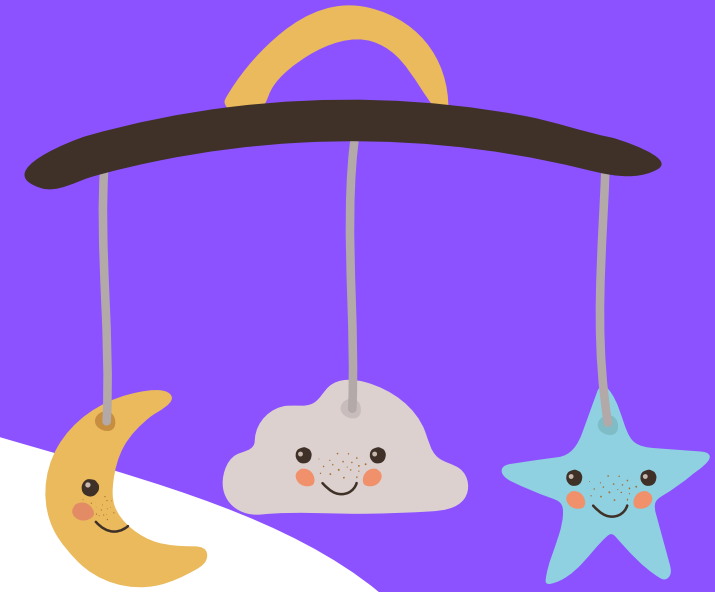
Everytime you talk to your child it builds connections in their brain.

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

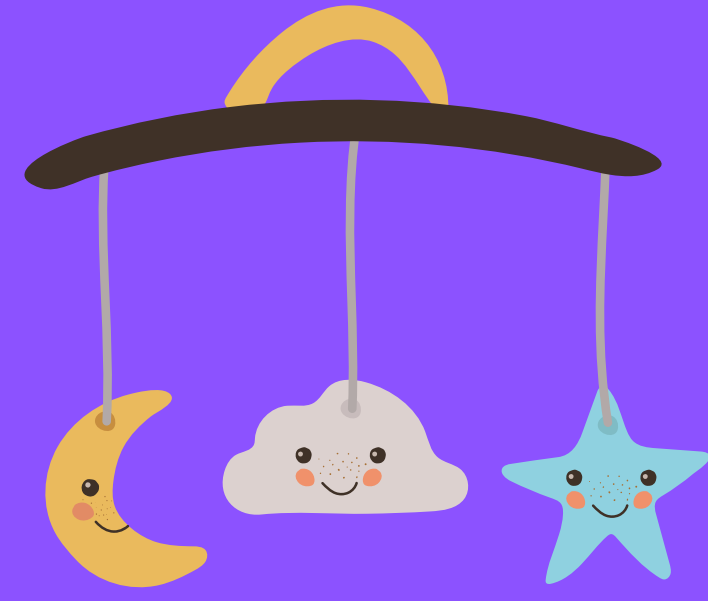


This pack has lots of ideas to add even more talking into you and your toddler's daily routine

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

Pillow Dream
Curtains Moon
Toothbrush Blanket
Duvet Mattress
Bedding Light
Shadow

Action words

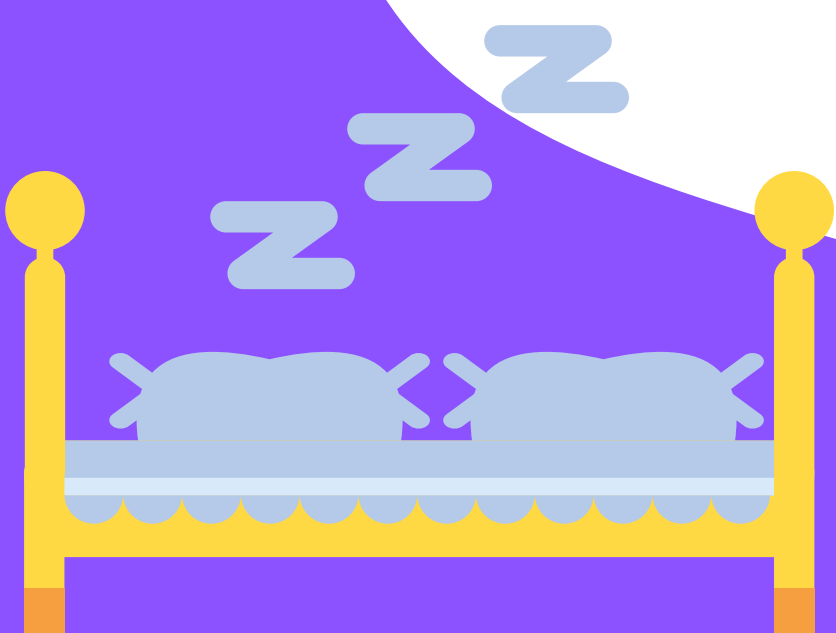
Fall asleep
Reading Snore
Cover Yawn
Relax Stretch
Hug Tuck

Describing words

Night Dark Warm Long
Smallest Snuggly Sleepy
Cosy Softer End
Longer Top
Shortest

'WOW' words

Glowing
Exhausted Awake
Comfort Darkness



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.

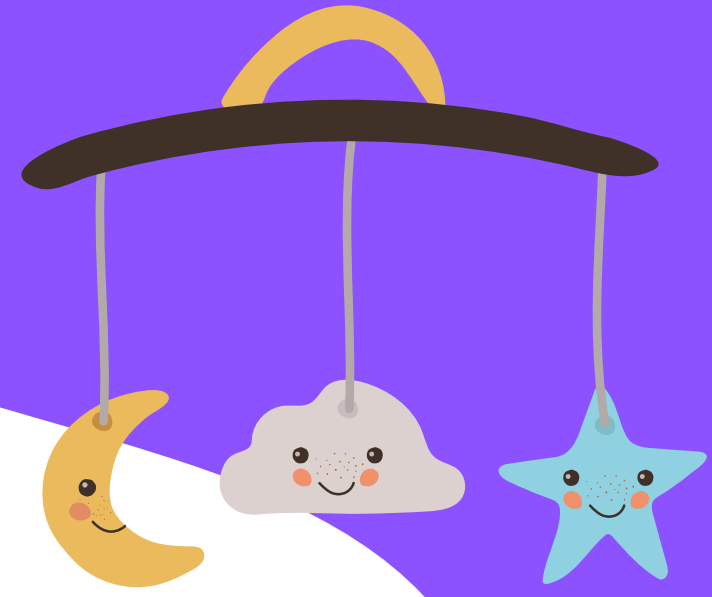
Try watching them and thinking **'What would they say if they could?'**

"It's dark outside because it's night time. The stars and the moon come out at night time. It needs to be dark to see them."

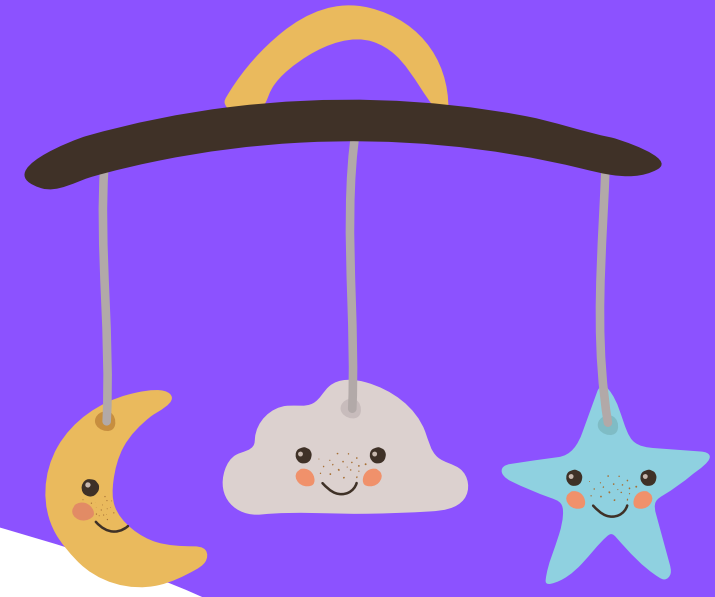
"Do you want to choose your long sleeve or short sleeve pyjama's to wear in bed tonight?"

Remember

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



Talk and play



News of the day

Make your own pretend microphone (this could be a hairbrush) and play a game of sharing the days news. This is a great way for your child to tell you what they have done during the day.

Swap roles and tell your child what you have done in the day. This is a great opportunity for them to practice their turn taking and listening skills too!

Today I went to the park with Grandad. I played on the slide and the swings and fed the ducks, my best bit was the swing. I went really high I was touching the clouds.



Top Tips

If your child doesn't remember anything they have done...

Start the sentence off for them "I think Grandad took you somewhere with ducks..."

or give them a choice of something they did and didn't do. "Did you go to the shop or the park?"

Why?

It will really help your child to develop their memory skills, vocabulary and sentences.

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

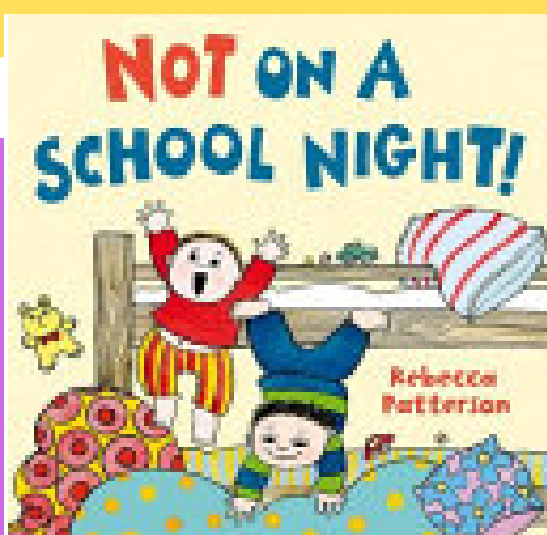
Books really help your child to learn new words.

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.



NOT on a school night by Rebecca Patterson



The funny story of two brothers who have lots of adventures at bedtime.

Mum is NOT happy as it is a school night. A great story for introducing days of the week.

Click [here](#) or search on Halton Libraries YouTube channel to listen to the story

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.



Can't you sleep, little bear? by Martin Waddell and Barbara Firth

When little bear can't get to sleep because he is scared of the dark, big bear helps to keep him calm by introducing him to the moon. A great story to talk to your child about feelings and emotions.

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

Sing-a-long

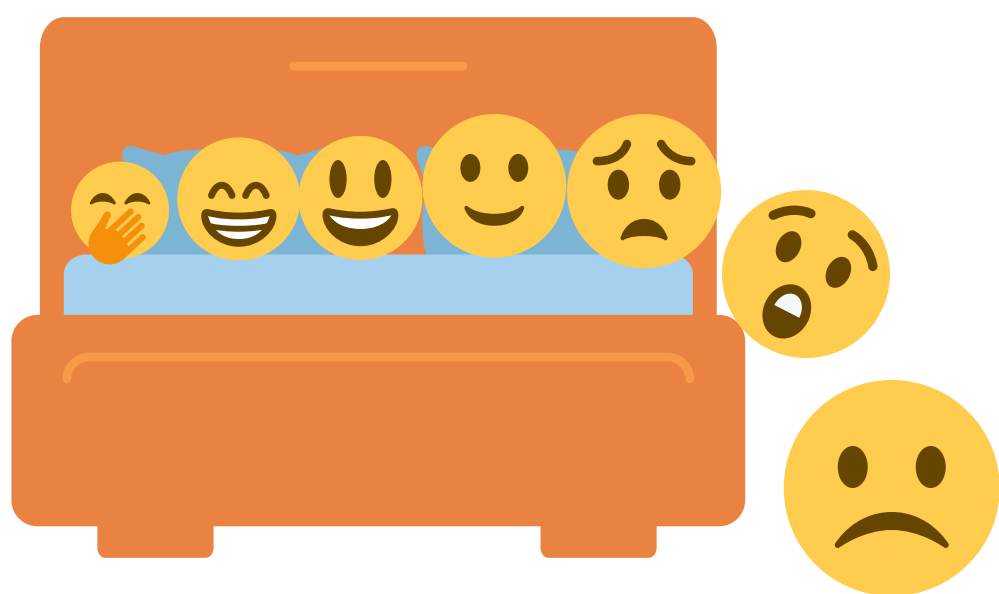
Search

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.



Ten in the Bed

A fun repetitive song to introduce numbers to your child

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

Teddy bear, teddy bear

Teddy bear teddy bear, turn around,
Teddy bear, teddy bear, touch the ground,
Teddy bear, teddy bear, reach up high,
Teddy bear, teddy bear, touch the sky,

Teddy bear, teddy bear, go to bed,
Teddy bear, teddy bear, rest your head,
Teddy bear, teddy bear, turn out the light,
Teddy bear, teddy bear, say "good night"



Fact!

Nursery rhymes are important for children 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 'Wow' word in your bedtime routine



Sing 'Teddy bear, Teddy bear'

Use an action word in your bedtime routine

Share the news of the day

Sing 'Ten in the bed'



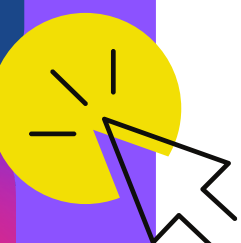
Use a describing word in your bedtime routine

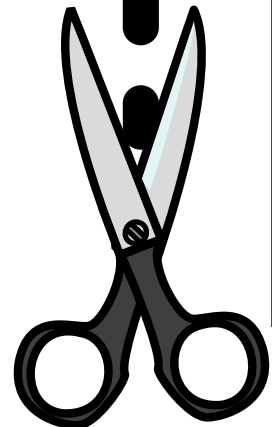
Want more ideas to up your talking time?

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-by 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



All you have to do is.....TALK!