

Let's Learn at Home

Fun things to
do this week



Lancashire Early Years Consultants Team

Children under 3 years old



What do we need?

Let's eat together

- Table, chairs, high chair etc. for family to eat together
- Suitable crockery and cutlery
- Books or magazines with images of food
- Images of families eating together
- A variety of healthy foods and snacks

What do we do?

- Plan time in the week where you can have a meal or several meals together, this can be breakfast, lunch or tea time whichever fits in with the family, it can be just mummy/daddy and child or larger gatherings
- Talk to your child about their day
- Let them choose from a selection of foods which are on offer
- Encourage them to use language such as please and thank you
- Observe and respond to body language, in particular babies who are beginning to point to familiar and new objects
- Always model positive language and behaviour at meal times
- Make it a fun and an enjoyable experience, they may want their teddy to sit at the table
- Be creative with the food so it looks inviting to eat

What are we learning?

- Social skills
- Communication and language
- Physical development
- Healthy eating
- Explores new and familiar foods
- Builds relationships with special people
- Expresses own preferences
- Uses body language to make request

Children 3 to 5 years old



What do we need?

Teddy's Birthday

- A cake to bake for Teddy
- Teddy
- Table for family to sit at
- Party invitations
- Shopping list
- Pens
- Crockery
- Healthy party food
- Party hats
- Serviettes

What do we do?

Often families find it difficult to spend time together at the table, a celebration, in particular a birthday party, is a lovely way to get the family to come together. Why not celebrate teddies birthday as a means of coming together.

- Talk with your child about who to send an invitation to and the food they want to have
- Let the child help prepare the party food and set the table
- Have fun conversations at the table about birthdays, presents and games they like to play
- Encourage all family members to chat at the table about their birthdays and other events
- Keep it fun

What are we learning?

- How to build positive relationships
- Counting for a purpose
- Communication and language
- Writing for a reason
- Initiate conversations
- How to express their own preferences and interests
- Retell own experiences



What do we need?

Teddy bears picnic-sharing food

- Selection of soft toys
- Tea set
- A range of picnic food
- A picnic blanket

What do we do?

- Allow your child to choose a selection of soft toys for the picnic
- Discuss with your child the types of food they think they would like to eat and drink
- Talk about why it's important to eat healthily
- Let your child prepare the food.
- Encourage the use of mathematical language for example:
How many plates do we need?
This one is for the big bear
I wonder what bears like to eat?
- Encourage your child to be imaginative

What are we learning?

- Imagination
- Mathematics
- Sharing
- How to problem solve
- Introduce new foods and flavours
- Fine motor skills

