

A photograph of a woman with long dark hair, wearing a white button-down shirt, smiling warmly as she holds a newborn baby. The baby is wearing a blue striped onesie and is looking up towards the woman. The background is a bright, slightly blurred hospital room. The word "CHAT" is overlaid in large, bold, green capital letters across the center of the image.

CHAT

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to sign up



If you have enjoyed the activities in this booklet, you will love our newsletter! Every two weeks, you'll receive a newsletter with the latest chat, play and read activities, recent news and much more!

Visit

CHAT ACTIVITIES

Nappy change and chat

The day ahead

Row, row, row your boat

Teddy's day out

The memory game

I can do... book

SIMPLE, FUN ACTIVITIES FOR CHILDREN

Many little things light up hungry little minds.

Children take everything in. Even the smallest things you do with them can make a big difference to get them ready for the day they start school.



No one knows your child better than you do. Pick and choose the ideas that feel right for you, adapt our activities or even come up with your own.



We know that you are the expert on your child. Some of these activities may take minutes, whereas others may take longer. We want you to enjoy these activities as much as possible so please don't feel pressured by the clock. You can come back at any point. Follow your child's lead.



Use **#HungryLittleMinds** to share pictures and videos of you and your little one doing these activities or from

We love to see how families use our ideas all over the country!




ALL ABOUT ME

Use a piece of paper or card to create a page all about your child. Help them to write their name and draw a picture of themselves along with any other things they want to add.

This could be where they were born, where and who they live with, their favourite toy or game - let your child decide the most important things to them.

(This is an example!)

My name is...



When I was born...




Where I live...



What I look like...

Who I live with...



Use paints, pens or even make-up to place a hand and footprint in the boxes. Over time, you can look back and see how much your little one has grown!

Nappy change and chat

Chatting at nappy time helps your child learn about conversations.



Your child will like it when you talk to them. By chatting and making faces, you build a bond and help them learn about people.



Good to know

Nappy time is a chance for your child to start to understand routines, which will help them learn how to do things for themselves.

Top tips for nappy time



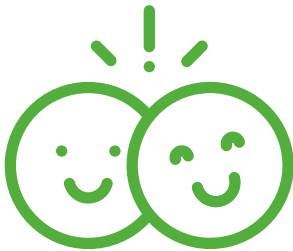
Be happy and smiley.



Make different expressions and noises.



Your child likes to watch you and copy. Try sticking your tongue out!



Be loving and respond to sounds and faces your child makes.



Stay calm and organised so your child is relaxed and can focus on you.



Try singing one of your favourite nursery rhymes to engage and entertain your baby.

WRITE SOMETHING!

What did you notice during nappy time?

Did you notice that your child pulled a different face?
Did they give you eye contact? Make a note of anything you noticed today during nappy time.

The day ahead

Talking about what you're going to do that day helps your child learn.



Children like routines and knowing what's next.

In the morning, chat to your child about what plans you have. You can do this while feeding them, changing them, travelling or playing.

A good idea is to talk about things in the order that you'll do them in. For example: "First we'll get dressed, then we'll have breakfast."

As your child gets older and learns to speak, you can ask them if they know what's next. It may take them time to learn but just asking helps them pay attention.



Good to know

Routines and knowing what's happening next help us all feel secure and able to learn.

**DRAW
SOMETHING!**

Use some paper you have around the house to draw something that makes you smile and chat to your family about why this makes you happy!

Row, row, row your boat

This nursery rhyme has fun actions and noises to make your child laugh.

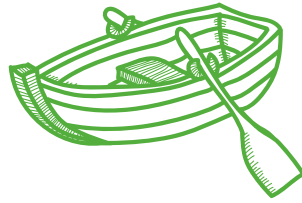


Sit with your child facing you and hold their hands. Move their hands backwards and forwards when you 'row'. Have fun squeaking, screaming or roaring when you see the mouse, crocodile or lion.



Good to know

This song helps with your child's motor skills as they are using their whole body to rock. This can help them with their balance and muscle development.



**Row, row, row your boat
Gently down the stream
Merrily, merrily, merrily, merrily
Life is but a dream.**

**Row, row, row your boat
Gently up the creek.
If you see a little mouse
Don't forget to squeak!**

**Row, row, row your boat
Gently down the river.
If you see a polar bear
Don't forget to shiver!**

**Row, row, row your boat
Gently down the stream.
If you see a crocodile
Don't forget to scream!**

**Row, row, row your boat
Gently to the shore.
If you see a lion
Don't forget to roar!**

**Row, row, row your boat
Gently down the stream.
Merrily, merrily, merrily, merrily
Life is but a dream.**

Nursery rhymes with your child:

**WRITE
SOMETHING!**

Make a note in your calendar or diary of your child's favourite nursery rhyme and why they like it.

Teddy's day out

Story time with your child's favourite toy.



This story activity doesn't involve any books. It encourages your child to make up their own story. Choose one of their favourite toys together, like a teddy or a doll. Make it the main character of the story.

If you're stuck for a story idea, try making up a train journey.



Good to know

Making up stories helps nurture children's creativity and imagination. It also helps them explore topics or feelings in a safe way.

- 1.** Start with the toy's name and where it lives.
- 2.** Then go on to fill in the blanks:

I am a...

I live in a...

**I'm travelling
with...**

My best friend is...

**My train is
taking me...**

**On the way
we saw...**

Make up your own prompts as you go. It doesn't matter how silly the story is. Making up stories helps your child learn to speak and use their imagination.

**DRAW
SOMETHING!**

Use some paper to draw Teddy's adventure with your child!

The memory game

This is an easy game to play at home.

It encourages your child to talk, think and play.



This fun memory game will help your child communicate and solve problems.



Good to know

This game helps to build concentration and memory.

**DRAW
SOMETHING!**

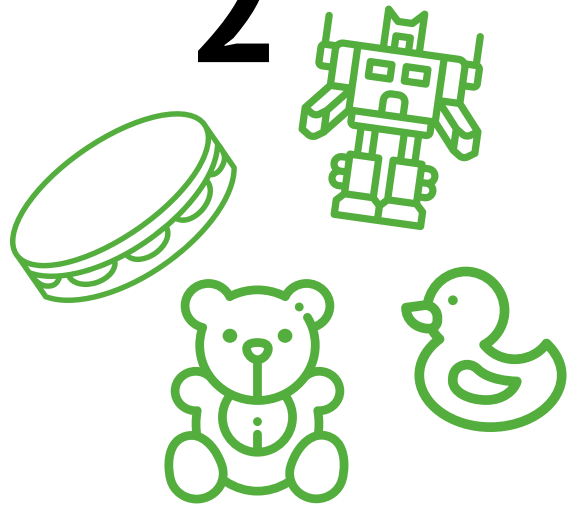
Encourage your child to draw their favourite toys. They can then chat with you about why they love them.

1



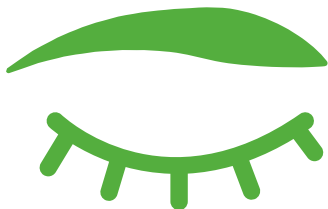
Gather some of your child's favourite toys, books and objects. They can help you with this.

2



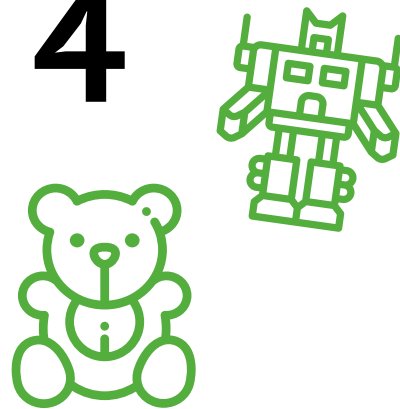
Put them together and talk about what's there.

3



Ask your child to close their eyes and turn around.

4



Remove some of the items. Then get them to open their eyes and see if they can list what's missing.



Now it is your turn

You can play this game the other way around, with your child removing the items and testing your memory.

I can do... book

As your child gets older, they can do a lot of things themselves. You can celebrate this with their own book.



Sit with your child and talk to them about the things they can do on their own. Encourage them to draw pictures of them doing these things. See if they can make shapes or even write letters. Or if you prefer, you can take photos of your child doing their activities.

Put these drawings and pictures into a scrapbook and write descriptions about their activities. You can then look at it together during story time. Keep collecting things, like tickets, photos and drawings to add to the book.

Good to know



Making homemade books about themselves will help your child feel good and confident, which will support their lifelong learning.

CREATE SOMETHING!

Use any materials you have to hand to complete your own I can do... book. You could write or draw on the back of cereal boxes, write in chalk on a path or use paper or card from around your home to celebrate things your child can do on their own.



**You can find more ideas for fun activities
to add to your routine at:**

