Revisit routines –
children's needs change, so it can be a good idea to look at any routines you have at home - or ones you don't have but might want to introduce. Perhaps you'd like to try something different when you're getting ready to go out, or make a change at mealtimes or bedtime? Do you notice any triggers that create issues at a particular moment? At later stages of development you might be able to chat with your child about a routine and ask them what they think: I've noticed you don't like getting out of the bath when bath time is done – I wonder what we could do to help you feel happier to get out and get ready for bed? At earlier stages of development you could try offering your child a choice between 2 things – dinosaur T shirt or bear T shirt when you're getting dressed. Sunhat on, or pushchair hood up when you're leaving to go for a walk on a hot day.
Managing Feelings and Behaviour and Self Confidence and Self Awareness

Mirror sounds –
what happens to your face, mouth and tongue when you make different kinds of sounds? If you have a mirror, look into it with your child as they make sounds, or you could use the selfie function on your phone. Try ahhhh, oooooo, mmmm, lalalala. Copy each other making sounds and different shapes with your mouth. Can they see their breath on the mirror for any of the sounds? What about your tongue, can you stick it out when you make an ahhhh sound? Or curl it upwards for lalalala? Use sounds that are familiar from the languages you speak together. At earlier stages of development copy your child's facial expressions and the sounds they make as though you are their mirror. At later stages, make up silly words that use lots of different sounds and teach them to each other – balazzzooommmm!
*Listening and Attention*

You just need yourself and your child for these activities all about the Prime Areas of Learning: Personal, Social and Emotional Development, Physical Development and Communication and Language.

Which way? -
go for a short walk with your child. As you leave your home, ask them 'Which way shall we go?' When you come to another 'junction' ask again 'which way?' See where you end up! At earlier stages of development, you could point one way and then the other, and your child could point to show their choice. Or you can use lots of talking out loud as you go one way or the other. At later stages of development your child might recognise where a direction takes them (the bus stop, gran's home), or you could introduce the words left and right. Notice things together that will help your child recognise directions – *"..this is the road with the tall tree/ the big building site is at the end of this street."*
Understanding

Opposites –
can you make your body into a very narrow shape? Are your arms tight by your sides? Or maybe they are stretched up above your head? Now can you make your body as wide as possible? Are your legs apart? Your arms reaching as far as they will go on each side? Try making yourself as short as possible, then as tall as possible. Or you could move a body part as fast as you can, then as slow as you can. You can adapt this to your child's needs, maybe moving just the arms, or just the head. Or you can hold their hands/feet and gently move their arms/legs outwards and together again.
Moving and Handling

Learn a new word today –
will it be a colour word? Yellow? Maybe the name of an animal? Cat? Or a good describing word? Slippery? Think about what you are doing with your child in the moment – perhaps you're getting the bus today and you can point out the yellow stripes on it, or the yellow bars for holding onto. Maybe the next door neighbours have a cat and you keep seeing it out of the window? Or perhaps the soap in the bath is slippery! Find lots of ways to say new words to your child, and for them to say them back to you if they are ready. Learn new words in the languages you speak together. Whatever their stage of development, talking to and with your child really helps with their language and communication.
Speaking

Month 10
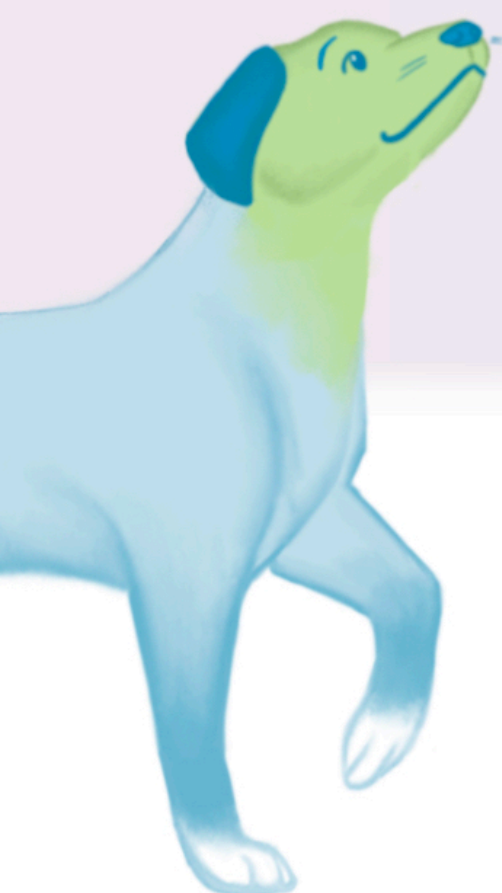
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