

Time Together with Your Toddler!

Finding things to do with your little one at home, which fit in with your busy family life can be difficult, so this booklet has been produced by nasen to give you some ideas of places to look for activities from trusted and well-known sources.



Whether your little one enjoys being outside exploring, sharing stories, rhymes and making cakes, going on a treasure hunt, chilling out under a tree or splashing in water, all of these things can support their development and learning.

Did you know?

In the first three years of life the brain is growing and changing faster than it does at any other time.

When you spend time together having fun, you are helping your child to grow and develop.

Being playful is the best way for young children to learn and develop; being playful doesn't always involve toys! Your little one's favourite 'toy' and 'playmate' will be you! When you can, even just a few minutes of playfulness can be just the thing to be involved in your child's development.



Being playful with your child can happen anywhere and at any time. The key is to be at your child's level, such as on the floor, sitting on blanket, lying down, sitting on a sofa or chair, in the bath or in a shopping trolley!

Some of the websites suggested put activities together by age. Choosing what to do with your little one should be based on what they enjoy and then adding different ideas as you go along. You know your child best and what may interest them.

Children develop at different rates and enjoy different things. They also love to repeat and do things that they have done before, so even if you have heard the rhyme, sung the song or played a game your child likes many times, repetition is good for their brain development.



When you are looking for something to do with your child, look for these symbols. They will help to find the sort of activity you might enjoy.



Songs, rhymes – to sing and do together



Stories – popular stories and videos to share



Making and building things –
using everyday objects to make things



Playing – including active play, dance and
movement



Quiet and calm – ideas to relax and support well-being

Here are some places to look for good ideas...

Book Trust

About Book Trust

Book Trust are the UK's largest children's reading charity. The website has many books, resources and support for all ages. The resources are suitable for a wide age range. They have a great selection for children 0-5 which includes rhymes, songs and stories with videos. Many of the videos have signing to support everyone's enjoyment and participation.

Book Trust Home Time

[BookTrust HomeTime](#)

This part of the website has a wide range of things for families and children under 5 to enjoy together. There is story time with free online books, videos, games, quizzes, and activities like drawing.

Home time for children aged 5 and under

[HomeTime for children Five and under](#)

Owl Babies

[BookTrust Owl babies](#)



Every bunny dance! Read along with British Sign Language
[Fun/storybooks-and-games/everybunny-dance/](#)



[Every bunny dance](#)



Sing along with rhymes

Bedtime rhymes
Animals and nature
Birds



'Do the Animal Bop'

A spoken rhyme, which you sing or dance along to read, dance and sing. [Do the animal bop](#)





**‘If you’re happy and you know it ‘– sing, dance, chant along,
with BSL signing**

[If you’re happy and you know it](#)



**‘There’s a hole in the bottom of the sea’ -read along with BSL
signing**

[A hole at the bottom of the sea](#)



‘Rumble in the Jungle’ – read along with signing

[Rumble in the jungle](#)



‘Lulu loves stories’- read along with signing

[Lulu loves stories](#)



**‘Hairy Maclary from Donaldsons Dairy’ read along or watch
with signing**



BBC Bite size – Parents Toolkit

About BBC Bite size

BBC bite size is a website that offers a wide range of activities for parents and families to do with their children. There is a specific section which has useful ideas to support children to be calm and relaxed. There are also some useful tips about physical activities at home.

[Parents toolkit: SEND](#)



Seven Techniques for helping kids to stay calm

[Seven techniques for helping kids keep calm](#)

Mindfulness, breathing, stretching, laughing, cloud-watching,
listening, colouring



[Five ways to incorporate mindfulness into your child's day](#)



Physical activities

[How physical activity can support children with special educational needs and disabilities at home](#)

- Keep it fun
- Use what you have got
- Make sure it's suitable
- Involve your child in physical activity decisions
- Get the family involved



[I am a Robot sing, sign and dance challenge](#)

Cbeebies



[Maddies do you know songs](#)

Easypeasy



A website and App for parents and practitioners to support play and learning in the home learning environment to support speech and language. You will need to create an account and you will be sent emails with ideas and activities.



[Give your children the best start in life. It's Easypeasy](#)

Hungry Little Minds

[Hungry little minds campaigns](#)



This website is supported by the Government for parents to use. There are simple, fun activities for newborns to five-year olds.



There are short videos of suggested activities. They are divided into age groups. You can pick and choose the ideas that feel right for you and your child.

Speech and Language UK – Fact Sheets and guides

Speech and Language UK is the children's communication charity. The charity specialises in helping children develop the speech, language and communication skills they need to thrive in a 21st- century world.

Their website has a specific area for parent/carers. They have developed a range of resources and fact sheets to help children with speech, language and communication needs.

The ages and stages guide gives information about the typical stages of speech and language development and also how to help young children learn to talk.

[Talking points for parents - Ages and stages](#)

There are a range of factsheets for parents to download covering a wide range of topics.



National Literacy Trust

About the National Literacy Trust. This is an independent national charity who have developed programmes, projects and resources to support reading, writing, speaking and listening skills. The charity focuses on supporting families, young people and children.

The booklet 'Time Together at home' is a useful place to look for ideas to fit in with daily life.

Time Together – Fun and simple activities to do with your child at home

[At home booklet for parents](#)



- Chat, play, read
- Eat sleep move
- Sharing stories
- Play together
- Play with letters and numbers
- Access to books
- Fun painting and drawing
- Preparing for school



Small Talk

[Small Talk | National Literacy Trust](#)



This website is supported by the National Literacy Trust and is linked to the Hungry Little Minds website.

There are ideas and activities for different aged children. They do not need any toys or equipment just you and your little one!



Chat, Play, Read



Ideas include rhymes, copying sounds, pointing and naming, peek-a-boo, 'Ready Steady Go games', wriggling and jiggling, making a post box, using a mirror, bubbles. The activities can be used for fun at any age!



Words for Life

[Words for Life Playing](#)



Words for life is the parent area of the website. It includes ideas and activities for children 0-3 years. It includes a good choice of rhymes, songs and stories with videos. It also gives suggestions of other activities including making things, even making friendship cookies!

Take a look at the **‘Count down to school or nursery’** ideas to support your child.

[Short activities to try in the days before your child starts school or nursery. | Words for Life](#)

Playing at routines

[Wordsforlife Playing routines](#)

Friendship cookies

[Wordsforlife Make your own friendship cookies](#)



Wash your hands with little Princess – a fun way to talk about hand washing

[Wordsforlife Wash your hands little princess](#)

Family Zone Fun things to make and do: birth to 4



[Literacytrust Birth - 4, Fun things to do](#)

Story videos with activities to do



Going on a scavenger hunt

[Literacytrust - Muscles scavenger hunt](#)

Tiny Happy People

[Tiny happy people](#)

The ideas and activities focus on developing children’s communication skills. These activities can all be used for fun times with young children. Activities are for a range of age groups from pregnancy to 5 years of age. Choose from any of the age groups to find something your child might enjoy. There are short videos of parents with their children and a range of people giving hints and tips. There is also a specific section on nursery rhymes.

Examples for children 12-18 months





[Tiny happy people 18 to 24 month old child development](#)

Everyday routines

Sensory play

Music and Rhymes

Playtime games

Simple DIY toys



Examples for children 18-24 months

[BBC Tiny happy people 18 - 24 month old child development activities](#)



Everyday routines:

Playtime games

Pretend Play

Simple DIY toys



Special Educational Needs and Disability websites

If your child has an identified special educational need or a disability and you want some more information about this, these websites may be useful.

Autism Education Trust (AET)

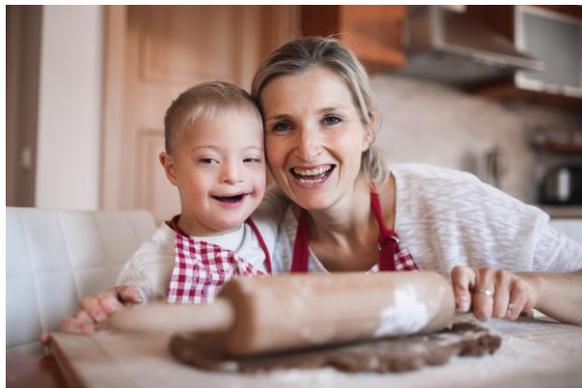
The AET is a not-for-profit programme led by two national autism charities. It is supported by the Department for Education. AER promote partnerships throughout the education system to improve educational access, experience and outcomes for children and young people with autism.

[Autism Education Trust](#)
[For Parents | Autism Education Trust](#)

Council for Disabled Children

The Council for Disabled Children is the umbrella body for the disabled children's sector bringing together professionals, practitioners and policy-makers.

[Council for Disabled Children](#)



Contact – For families with disabled children

Contact is an organisation who offer advice, information and support to families of disabled children. There are newsletters you can sign up for as well as a free helpline.

[Contact: the charity for families with disabled children](#)

Downs Syndrome Association

[Downs syndrome.org.uk](https://www.downsyndrome.org.uk) This website specifically has information and support for all families with children with Downs Syndrome and also for adults with Downs Syndrome. There are also links to information and fact sheets.

National Portage Association

The National Portage Association offers training and support across the England and Wales. The website has information and advice for parents and practitioners.

There is a page which has resources for parents. This includes top tips to support your child's development. It includes how to use scissors, matching colours, threading, using a spoon and early reading skills.

[Portage.org.uk support and resources](https://www.portage.org.uk/support-and-resources)

'Play a little, learn a lot'

This is a link to a useful YouTube site which is a Portage Home Visitor demonstrating a range of playful activities you could try with you child.

[Portage.org.uk Play-little-learn-lot](https://www.portage.org.uk/play-little-learn-lot)

The National Association for Special Educational Needs (nasen)

[National association for special educational needs](https://www.nasen.org.uk)

nasen is a membership charity organisation that supports all education professionals. There are resources, webinars and webcasts, which are aimed specifically to those working with SEND in the early years. Membership is free.

There is a DfE funded 'Resilience Development Pack' which is for parents and practitioners, specifically to support partnership-working in times of transition and change.

[Resilience Development Pack: 7 days, Many Ways | Nasen](https://www.nasen.org.uk/resilience-development-pack)

National Deaf Children's Society

The National Deaf Children's society offers help and support to families of children and young people who are deaf. They provide training and run events for families and parents across the UK.

[National Deaf Children's Society | Supporting deaf children \(ndcs.org.uk\)](https://www.ndcs.org.uk)

Royal National Institute of Blind People (RNIB)

The RNIB is one of the UK's leading sight loss charities and the largest community of blind and partially-sighted people. They offer help and support which can be practical or emotional support, reading services and they have a range of products available.

The website has some guidance on early years and a useful guide.

[Early years support for children with vision impairment | RNIB](https://www.rnib.org.uk/early-years-support)