



Five - a- Day

Five simple steps to help with your child's learning

1. Share a book, song or rhyme with them for 15 minutes.
2. Play with them on the floor for 10 minutes
3. Have a chat with them for 20 minutes (without the television on).
4. Be positive towards them give them praise frequently for their efforts.
5. Be active, encouraging them to be healthy.

Jump, dance and play. Be silly and remember to have fun!

