

MIXING MIXING

A simple, quick to tidy mixing activity is a great chance to watch how your child explores activities, rather than showing them the “right” way to use it. When we sit back, giving them space and wait to be included in their play, we learn what they find motivating and interesting which leads to more communication and interaction.

Following your child’s lead can also help build confidence, and gives them the space they need to explore and grow.



EQUIPMENT

You will need:

- A range of small tubs or containers with different openings.
- Small items from around the house to hide in the tubs. See ‘how to play’ for ideas.

OTHER WAYS TO PLAY

*Use jugs and cups in the bath. Model early words and phrases such as ‘all gone’ and more’ as you empty and fill the jugs.

*Collect twigs, leaves, acorns on a walk and then use these to make potions at home, adding water if you want to add those textures. Again, the key is lots of space for your child to investigate. If they have more words, you can label and add in phrases such as ‘mummy’s / Daddy’s turn’ and *child’s name turn’.

*Make mud pies in the garden, adding flowers, water and dirt. Have choices of bowls and spoon for the mixing and focus on just a few words said lots of times. Focus on sharing the activity with your child and lots of fun.

HOW TO PLAY

Set out a few safe, dry ingredients like oats and Rice Krispies or pasta shapes in closed containers, along with bowls, spoons, and different-sized kitchen items for pouring such as plastic cups and jugs on a table or the floor.

These items aren’t for eating, but they’re safe in case your child does put them in their mouth.

Let your child take the lead in how they want to explore and play. They might ask for one of the ingredients, try scooping or pouring, or even try to open the containers. Try using a few containers that are tricky to open as this encourages your child to ask for help, creating great opportunities for communication.

You can also join in by copying what they’re doing it in simple sentences – this is a great way to support their language.

Resist the urge to jump in too quickly. By waiting and watching, you’re giving your child the chance to show you what they’re interested in, and that can be when the best learning happens.