

Sharing Food Together

Encourage your child to help you with preparing for a meal - they could put out items such as plates, bowls, cups, etc. Find out together how many of these items will be needed for the meal - this is a great chance to have a go together at counting as the items are set out.

You could say... 'One for you, one for me and one for teddy' - this can help children with their first steps of counting.

Encourage your child to help pour drinks at the mealtime (only if you think this is safe to do so), talking about whether the cups are empty or full will help your child to understand maths ideas such as 'empty' and 'full'.

Praise your child for having a go. You can have more fun by repeating your child's comments and adding more words to extend their vocabulary.



Supporting your child to develop their language

Try to remember to ask less questions and make more comments about what is happening, have a go at saying four comments to one question

1. Here are the bowls.
2. I can see one cup, two cups, three cups - there are three cups altogether (pointing to the cups as you count is really helpful for your child).
3. Everyone has a bowl now.
4. The cup is empty.
5. Who needs another drink?

Words to share

Bowl, cup, plates, one, two, three, full, empty

Making it work for your family

Focus on one idea first and keep it simple, for example, talking just about the cups, 'One for you one for me' and 'We need just one more for teddy'. Add in more items and then the idea of 'full' and 'empty'.

Next time you could try ...

having fun together with other household tasks such as sorting the socks, washing up, sorting the shopping - look out for those chances to count together and have fun.

Look all around you, **talk together** about the things you see, **recap together** on what you have enjoyed - children enjoy doing the same activity again and again and again - this really helps them to learn and remember.