Feed your child’s hungry little mind

**TopTips... at home**

**Things to do every day**

- Share familiar books at bedtime.
  - Pause when reading so that your child can join in.
  - Talk about the sounds at the beginning of words and words that start with the same sound (like words beginning with P).

- Encourage your child to recall what has happened in the story. For example, ‘Why is the bear feeling sad?’ Ask them to guess what might happen: ‘What should they do next?’

- Plan a treasure hunt game, where your child has to listen to your instructions to find a clue or an object e.g. ‘Try looking behind the sofa.’

**TopTips... on the go**

**When you’re out and about**

- Talk to your child about what they can see.
  - Play games like, ‘I spy with my little eye something beginning with…’
  - Say the first sound of the thing that you can see – ‘something beginning with b-b-b.’ You can go first and show your child how the game works.

Hungry Little Minds is a Government campaign giving parents ideas to boost your child’s learning. Search online for Hungry Little Minds.

Central London Community Healthcare
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More information about Central London Community Healthcare early years speech and language therapy online: clch.nhs.uk