

**Our book of the week is:** *Why We Go to the Dentist* By Rosalyn Clark

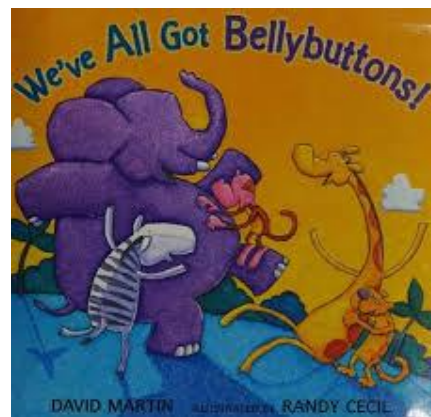


This non-fiction text supports children to develop their understanding of dental hygiene. Children are introduced to the occupation 'dentist', learning about their role. Children will be learning how to look after their teeth, as well as healthy and unhealthy food habits.

**How to get the most out of reading to young children:**

- Sit close together. You could encourage your child to hold the book themselves and turn the pages, too.
- Encourage your child to choose the page number they wish to look at – knowing that we don't have to read a non-fiction text in chronological order.
- Take a look at the pictures. You don't just have to read the words on the page. What might they tell us about the story before we read the words?
- Ask questions and talk about the book. What do they think will happen next? Why did a character act in a certain way? How are they feeling?
- Have fun! There's no right or wrong way to share a story – as long as you and your child are having fun. Don't be afraid to act out situations or use funny voices... your little ones will love it!

**Our book of the week is:** *We've All Got Bellybuttons!* By David Martin



This book encourages children to think about differences and similarities between themselves and their friends. It also develops children's knowledge around different body parts and their actions.

**How to get the most out of reading to young children:**

- Be expressive!
- Picture books can be a great way to talk through your child's fears and worries, or to help them deal with their emotions.
- Give them space to talk, and ask how they feel about the situations in the story.
- Use props and toys to act out the story, either whilst you are reading it, or together afterwards.
- Talk to children about their different body parts and features.

**Our rhyme of the week is:**

**‘This is the Way’**



**This is the way we wash our face,  
wash our face, wash our face.  
This is the way we wash our face.  
Early in the morning.**

**This is the way we comb our hair,  
comb our hair, comb our hair.  
This is the way we comb our hair.  
Early in the morning**

**This is the way we brush our teeth,  
brush our teeth, brush our teeth.  
This is the way we brush our teeth.  
Early in the morning.**

Repeat verses with (This is the way we get dressed and this is the way we go to school).

What to do at home together:

- Sing out the rhyme together using actions
- Talk about how we can look after ourselves and how this can help us to feel good.
- Sing songs such as this in children’s everyday routines for example while they are brushing their teeth. This gives meaning and context.
- Watch the video below to help you learn the rhyme and actions.

[https://www.youtube.com/results?search\\_query=super+simple+songs+this+is+the+way](https://www.youtube.com/results?search_query=super+simple+songs+this+is+the+way)

## Our Makaton signs of the week are:

dentist



toothbrush



(Always remember to say the word as you sign)

## Our Concept Cat sign this week is:



Next to

(Week 1)

## Our Right of the week is:



Every child has the right to be protected from harm and to be kept safe.

### **Article 19**

Article 19 - Every child has the right to be protected from harm. This links directly to our learning around road safety (next page) and ensuring children have the knowledge to stay safe.



Lots more early years health information, activities and recipes can be found on the Startwell website:  
<https://startwellbirmingham.co.uk/>

Smiley Shen encourages us to keep our teeth clean and healthy. He tells us that even our first set of teeth, our 'milk teeth', are really important. Children use these to learn to eat, chew and speak. They are making the spaces for our adult teeth. If milk teeth are removed prematurely the gap that should be there for the adult teeth may disappear as the neighbouring milk teeth move into the gap. This can block the eruption of the adult permanent teeth. If milk teeth get damaged or decayed it can also damage the adult teeth underneath.



# Road Safety



This week we have also been learning about the importance of road safety. Here are some tips below.

- Hold a grown ups hand when crossing the road.
- Stop, look, listen and think.
- When it is safe and there are no cars coming, we can cross the road.
- Where there is a zebra crossing or traffic lights available, make sure they are used to ensure safety.
- Be alert when near a road and avoid running.