

Our rhyme of the fortnight is:

When Goldilocks went to the House of the Bears



When Goldilocks went to the house of the bears,
Oh what did her two eyes see?
A bowl that was huge,
A bowl that was small,
A bowl that was tiny and that was all,
She counted them: one, two, three.

(Repeat the verse again with 'chair' and 'bed' instead of 'bowl')

What to do at home together:

- Make porridge together (or any other food like rice, breakfast cereal) to fill large, medium and small bowls. Talk about the different sizes and which character might eat from/sit on/sleep in which sized item.
- Hunt and count objects around the home. Can children find small, medium and big objects? Can they organise them according to their size?
- Watch the video below and sing along to the song.

<https://www.youtube.com/watch?v=aNxPtZhLiVA>

Our rhyme of the fortnight is:

5 Little Ducks

Five little ducks went out one day,
Over the hill and far away.
Mother duck said, "Quack, quack, quack, quack."
But only four little ducks came back.

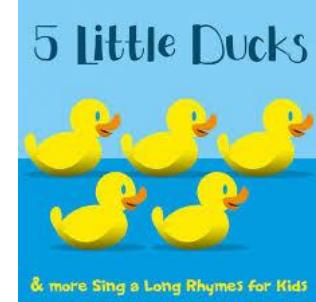
1, 2, 3, 4.

(Repeat with 4 ducks, then three, two and one).

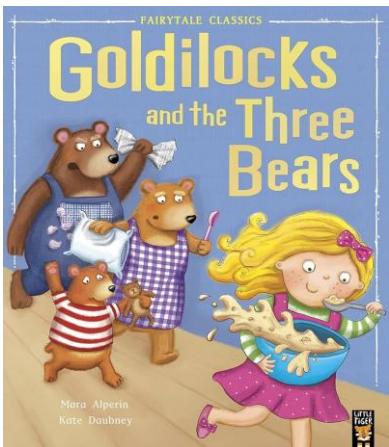
What to do at home together:

- If you can, visit Small Heath Park and you will find a pond with ducks. Sing this song together with your child. How many ducks can you see there? Are there any baby ducks?
- Act out the song using props from around the home as the 'ducks.'
- Talk to your child about different animals, where they live and the sounds they make.
- Watch the video below and sing along to the song.

<https://www.youtube.com/watch?v=pZw9veQ76fo>



Our book of the fortnight is: Goldilocks and the Three Bears, by various authors

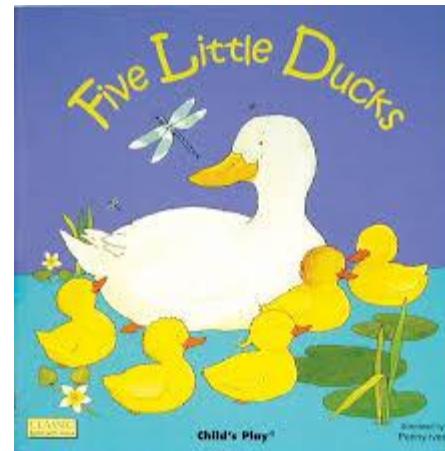


This book helps children understand repetition, emotions and stranger danger. It helps children question the behaviour of Goldilocks going into an unknown house. It supports the children's mathematical development and understanding of size and organising by size.

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.
- 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 fortnight is: Five Little Ducks By Penny Ives



This book helps children to understand family and emotions. It encourages children to take risks and develop their independence like the characters in the story. The number focus encourages children to count and count down.

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.

Our Makaton signs of the fortnight are:

Toothbrush

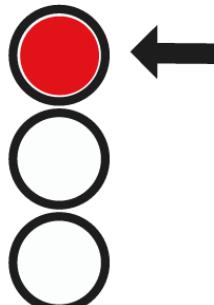


Dentist

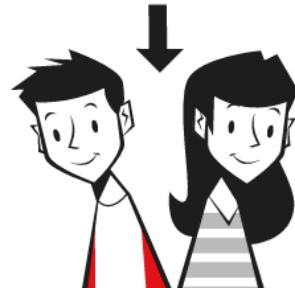


(Always remember to say the word as you sign)

Our Concept Cat signs of the fortnight are:



Top



Near

Our Right of the fortnight is:



Over the next two weeks we will be reading Goldilocks and the Three Bears and 5 Little Ducks, both stories make links to family. We will use this as an opportunity to discuss children's right to a family.

Article 18

Article 18 says that both parents share responsibility for bringing up their child and should always consider what is best for the child. Governments must support parents by giving them the help they need.



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



Micky Me Size encourages children to have the correct portion size for their age. Children should be eating 'me size meals'. Toddlers and children have smaller stomachs than adults so it is important they eat smaller amounts of food regularly.