

# Chat, play, read

Three simple ways to give your child the best start in life.

# Let's play doctors!

These activities are great for developing your child's communication, language and literacy skills.

## Ideas!

- Gather your toys and set up a waiting room and an appointment area.
- Pretend to be a patient. How are you feeling?
- Pretend to be a doctor. What might a doctor say?
  - Make some patient records, prescription forms, names badges etc.
- Use toilet tissue to pretend to bandage an arm.



## 3 top tips!

1. Get your child's attention. Turn off the TV and radio.
2. Start conversations by using open questions with lots of possible answers, for example, 'Tell me how you are feeling today'.
3. Let children see your mouth forming the letters and words.

## Chat, play, read

Simple ways to help develop their hungry little minds.

Search Start for Life, for tips and advice.

[www.nhs.uk/startforlife](http://www.nhs.uk/startforlife)



# Chat, play, read

Three simple ways to give your child the best start in life.

## Setting up:

Gather these items from around your house to enhance play, such as:

- Teddies and other toys to be patients.
- Paper and crayons to write pretend medicine prescriptions with.
- Empty hand gel bottle to clean your hands.
- Toy stethoscope, thermometre and watch.
- Loo roll for pretend bandages.

# Let's play doctors!



## What to say:

- Ask your child to listen to your heart beat and check your pulse.
- Relax, have fun and keep talking!
- Model things a doctor might say...
  - How are you today?
  - Say 'ah'
  - Remember to drink plenty of water.
- Swap roles.

**Types of play supported:** Symbolic Play, Socio-Dramatic Play, Social Play, Creative Play, Communication Play, Dramatic Play, Exploratory Play, Object Play, Role Play.

**Areas of Learning & Early Learning Goals as set out in the Statutory Framework for the Early Years Foundation stage (2021):**

**Communication and Language Development** - Giving Children opportunities to speak and listen in a range of situations and to develop their confidence and skills in expressing themselves. **Associated Early Learning Goals: ELG 01, ELG 02, ELG 03.**

**Physical Development** - Providing opportunities for young children to be active and interactive, and to develop their co-ordination, control and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food. **Associated Early Learning Goal: ELG 04, ELG 05.**

**Personal, Social and Emotional Development** - Helping children to develop a positive sense of themselves and others. To form positive relationships and develop respect for others; to develop social skills and learn how to manage their feelings; to understand appropriate behaviour in groups; and to have confidence in their own abilities.

**Associated Early Learning Goals: ELG 06, ELG 07, ELG 08.**

**Understanding of the world** - Guiding children to make sense of their physical world and their community through opportunities to explore, observe and find out about people, places, technology and the environment. **Associated Early Learning Goals: ELG 13.**

**Literacy Development** - Encouraging children to read and write, both through listening to others reading, and being encouraged to begin to read and write themselves. Children must be given access to a wide range of reading materials - for example books, poems, and other materials to ignite their interest. **Associated Early Learning Goals: ELG 09, ELG 10.**

**Mathematics** - Providing children with opportunities to practise and improve their skills in counting numbers, calculating simple addition and subtraction problems and to describe shapes, spaces and measures. **Associated Early Learning Goals: ELG 11, ELG 12.**

**Expressive Arts and Design** - Supporting children to explore and play with a wide range of media and materials, as well as providing opportunities and encouragement for sharing their thoughts, ideas and feelings through a variety of activities in art, music, movement, dance, role play, and design and technology. **Associated Early Learning Goals: ELG 16, ELG 17.**

# Surgery Signs

Help your child cut along the dotted lines with child-safe scissors. It's important children learn to use scissors in a safe way.



# WELCOME DOCTORS SURGERY

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## WELCOME DOCTOR'S SURGERY

### Opening hours:

Sunday	Closed
Monday	8.00am-6.00pm
Tuesday	8.00am-6.00pm
Wednesday	8.00am-6.00pm
Thursday	8.00am-6.00pm
Friday	8.00am-6.00pm
Saturday	8.00am-1.00pm

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## WELCOME DOCTOR'S SURGERY

### Patient of the month!

Write name above.

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# OPEN

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# CLOSED

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# Appointments

Mark-making is really important for learning to write. Print out the appointment sheet below for your child to fill in.



## APPOINTMENTS

Date: \_\_\_\_\_  
Write today's date on the line.

8.00am \_\_\_\_\_

9.00am \_\_\_\_\_

10.00am \_\_\_\_\_

11.00am \_\_\_\_\_

12.00pm \_\_\_\_\_

1.00pm \_\_\_\_\_

2.00pm \_\_\_\_\_

3.00pm \_\_\_\_\_

4.00pm \_\_\_\_\_

5.00pm \_\_\_\_\_

Write your patients' names on the lines.

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5.00pm \_\_\_\_\_

Write your patients' names on the lines.

# Patient Records

Mark-making is really important for learning to write. Print out the patient records below for your child to fill in.



## PATIENT RECORD

Name: \_\_\_\_\_  
Write your patient's name above.

Birthday: \_\_\_\_\_  
Write your patient's birthday above.

Symptoms: \_\_\_\_\_  
Write your patient's symptoms above.

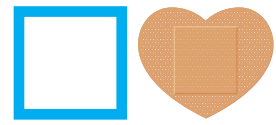
Treatment:  
Tick the box next to the correct treatment.



water



rest



medicine



## PATIENT RECORD

Name: \_\_\_\_\_  
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Birthday: \_\_\_\_\_  
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Symptoms: \_\_\_\_\_  
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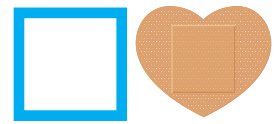
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water



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medicine



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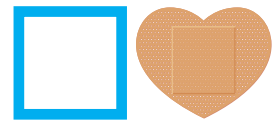
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water



rest



medicine



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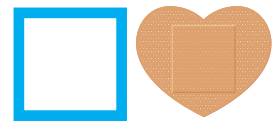
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water



rest



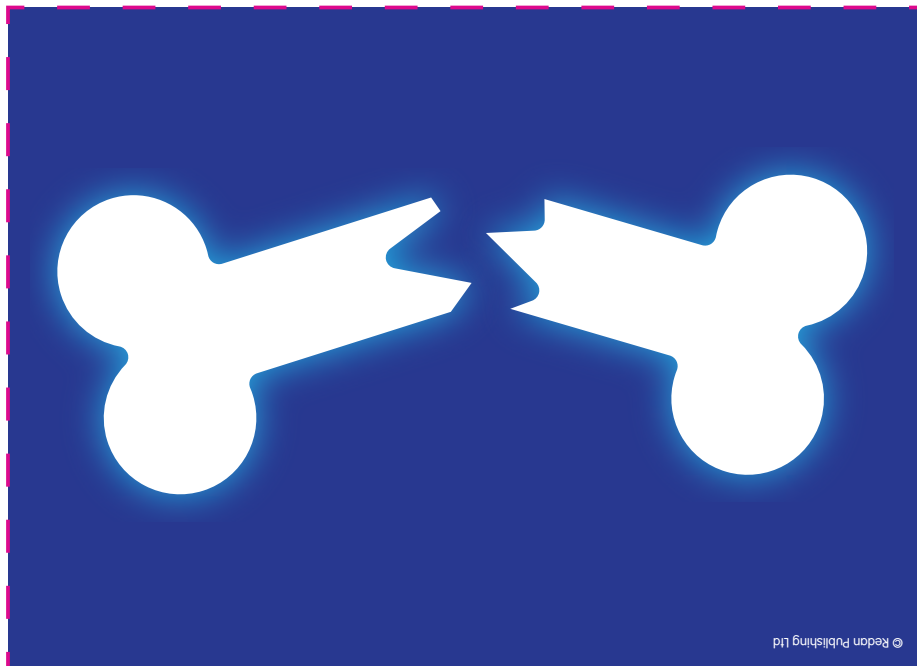
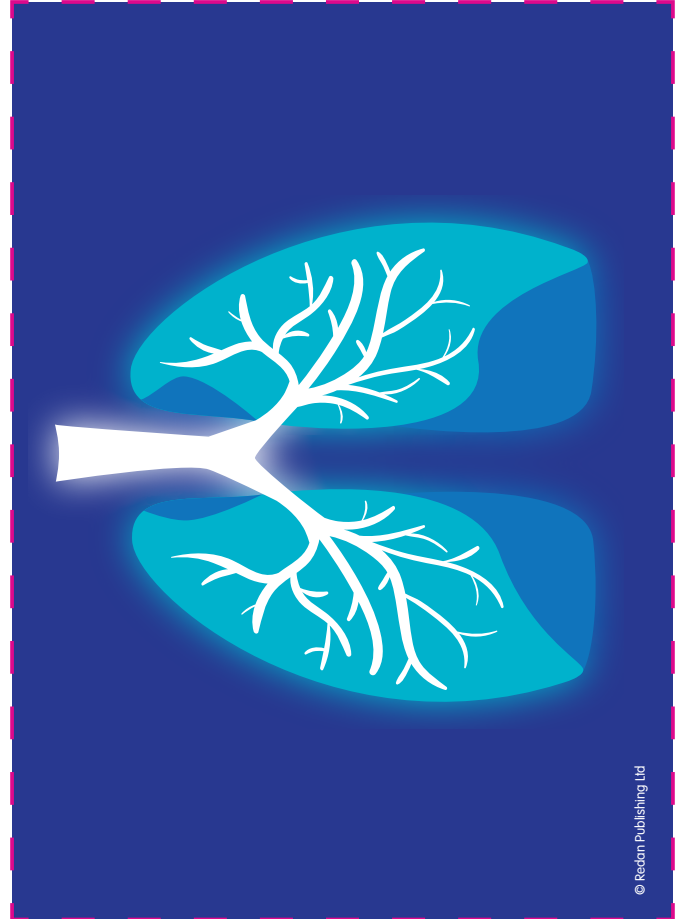
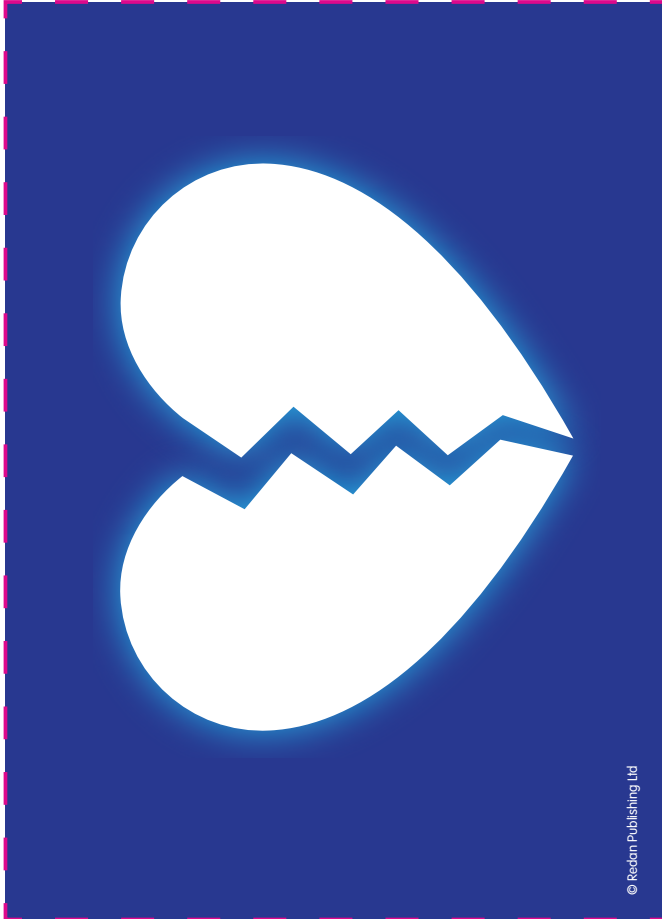
medicine



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# X-rays

Help your child to cut along the dotted lines with child-safe scissors. It's important children learn to use scissors in a safe way.



# Poster

Help your child to cut along the dotted lines with child-safe scissors. It's important children learn to use scissors in a safe way.



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Better  
Health

Start  
for Life

# Chat, play, read

Three simple ways to give your  
child the best start in life.

GROWN-UPS!

## WIN A MAGAZINE MINI SUBSCRIPTION!



WIN A  
3-ISSUE  
SUBSCRIPTION

One lucky winner will receive a  
three-issue magazine mini  
subscription for a Redan Magazine.

For your chance to win, email a  
photo of **you and your child having  
fun with these activity sheets**, along  
with your name, address and phone  
number by **30th June 2024**, to:

**competitions@redan.com** (with  
**Chat, Play, Read** in the subject line).



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