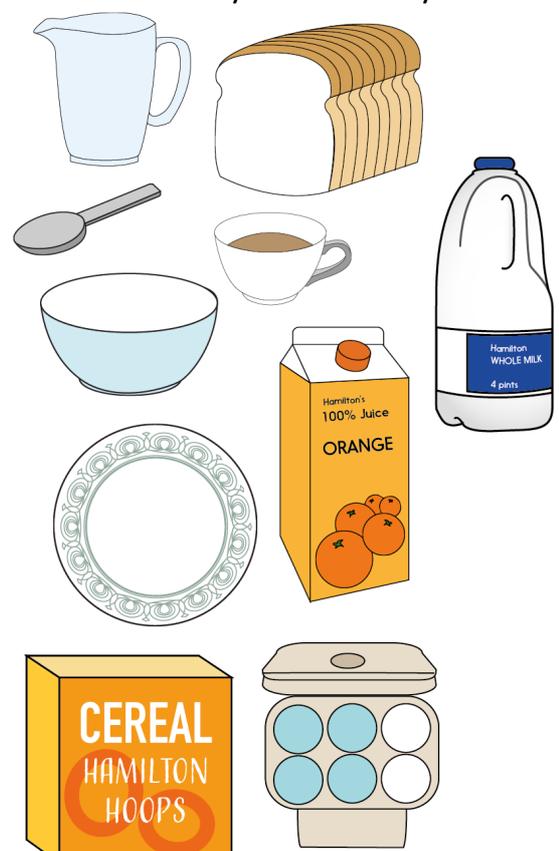


# Helping round the Home

**IMPORTANT Parent or Carer –**  
Check that you are happy with any weblinks or use of the internet.

## Activity 1 – Preparing meals

### Make your own breakfast

<p><b>What to do</b></p> <ul style="list-style-type: none"><li>○ Talk about hand hygiene, getting everything ready first and the best order to carry out each task.</li><li>○ Reduce risks of spilling and wastage by decanting milk into a small jug, cereal into a smaller container and jam or spread can be spooned onto a plate –<i>this will need some patience and lots of praise.</i></li><li>○ Consider which tasks will always need adult input (toasting bread) and which can be increasingly left to your child as they become more confident (pouring cereal from a box).</li><li>○ Example breakfast tasks:<ul style="list-style-type: none"><li>i) <i>Laying the table</i></li><li>ii) <i>Spreading butter and jam on toast</i></li><li>iii) <i>Pouring cereal and then milk into a bowl</i></li><li>iv) <i>Breaking eggs and mixing batter for pancakes</i></li><li>v) <i>Clearing up after eating</i></li></ul></li></ul>	<p><b>What you need</b></p> <p>Breakfast food</p> <p>Jugs, bowls and spoons for decanting</p> <p>Cutlery and crockery</p> 
<p><b>Extension</b></p> <p>Create a list of breakfasts together and encourage your child to choose and organise what they need each morning. Make breakfast for someone else.</p>	<p><b>Questions to ask</b></p> <p>What must we always do before cooking and eating? <i>Wash hands!</i></p> <p>What ingredients will we need?</p> <p>What do we need to put on the table?</p> <p>How can we slow down how fast the cereal will come out of the box?</p> <p>What's your favourite breakfast?</p>

## Activity 2 – Sorting and organising

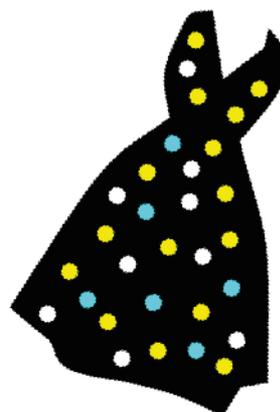
### Pairing socks and sorting clean laundry

#### What to do

- Make the jobs fun by setting challenges, playing music or adding competition.
- Give small, manageable jobs, such as finding sock pairs (actually pairing them is a hard task for small hands), sorting clothes by wearer or where they are stored.

#### What you need

Clean laundry



#### Extension

Teach your child to fold easy items, like T shirts, or put their clothes on hangers. Encourage them to put their own clothes away if storage can be reached. Challenge your child to organise their own clothes drawers or wardrobe – shoe or cereal boxes can be repurposed to create dividers.

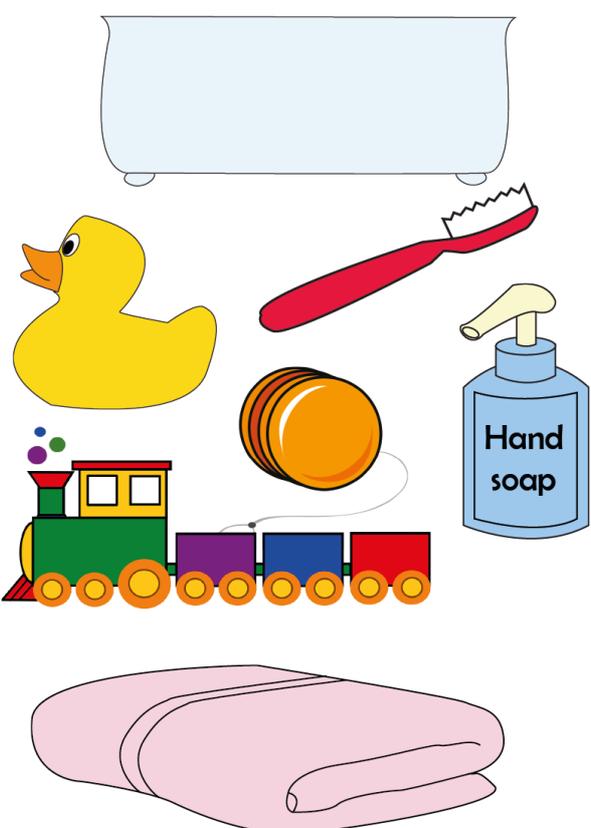
#### Questions to ask

Can you find matching pairs of socks? How many in a pair?  
Who has found the most pairs?  
Who does this belong to?  
Who is each pile for?  
Where do we keep vests?  
How could we sort the drawer?

## Activity 3 – Washing and cleaning

### Washing toys

Adult supervision is essential for water activities

What to do	What you need
<ul style="list-style-type: none"><li>○ Talk about the importance of hygiene and keeping our toys clean.</li><li>○ Set up children with toys to wash, warm, soapy water, washing tools and a place to lay out toys to dry – this is best as an outdoor activity, if inside lay down towels on the floor.</li><li>○ Encourage your child to push sleeves up and wear an apron (or old T shirt).</li><li>○ Expect toys to be rewashed many times – children love this sort of task.</li></ul>	<p>Waterproof outdoor or indoor toys Sponges, washing up brushes, cloths, soap A bowl of warm water or a filled bath Aprons and towels on the floor if indoors</p> 
<p><b>Extension</b></p> <p>Add waterplay toys for pouring and scooping (<i>jugs, cups, Nurofen-type syringes</i>). Include sorting as a task – mix up the type of toys and get children to sort them by type once dry.</p> <p>Make a poster to explain why we need to keep our toys clean.</p>	<p><b>Questions to ask</b></p> <p>What are the safety rules when we play with water? How will we stop getting too wet? What do we need to wash the toys? How will we dry them? Can we wash all toys like this? What about books or soft toys?</p>

## Activity 4 – Sorting and organising

### Sorting recycling

#### What to do

- Talk about what recycling is and why we do it.
- Lay out a range of clean recycling and talk about the different materials that the different items are made from.
- Sort them by type.
- Explain the different categories your local recycling requires the materials be sorted into.
- Work together to sort the recycling.

#### What you need

Clean packaging and recyclable materials



#### Extension

Wait for the recycling vehicles to arrive and watch what happens next to the rubbish.  
Make a junk model using recycling materials.  
Watch Maddie Moate discussing recycling with Buster:

<https://www.youtube.com/watch?v=W-v2QPF21nU>

#### Questions to ask

What is recycling?  
Why should we recycle?  
What material is this made from?  
Where do we put cartons?  
Could we reuse this for something else?

## Activity 5 – Tidying up and daily jobs

### Making your own bed

#### What to do

- Talk about how it feels to have a cosy, tidy bed.
- Make the bed together, arranging pillows, tucking in sheets and straightening covers.
- Arrange any soft toys and/or cushions.
- Admire the finished result – won't it be lovely to jump into tonight?

#### What you need

Clean bedding



#### Extension

Increase the independence of each task, starting with easy things like arranging pillows.

Make someone else's bed as a nice surprise.

Make a bed for a toy using a box and blankets.

#### Questions to ask

What makes your bed feel cosy?

What happens if the sheets are not tucked in properly?

Where does the pillow go?

Can you pull the duvet straight?

How can we test the bed?!

