

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

What to do

- Talk about hand hygiene, getting everything ready first and the best order to carry out each task.
- 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 –*this will need some patience and lots of praise.*
- 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).
- Example breakfast tasks:
 - i) Laying the table
 - ii) Spreading butter and jam on toast
 - iii) Pouring cereal and then milk into a bowl
 - iv) Breaking eggs and mixing batter for pancakes
 - v) Clearing up after eating

What you need

Breakfast food
Jugs, bowls and spoons for decanting
Cutlery and crockery



Extension

Create a list of breakfasts together and encourage your child to choose and organise what they need each morning. Make breakfast for someone else.

Questions to ask

What must we always do before cooking and eating? *Wash hands!*
What ingredients will we need?
What do we need to put on the table?
How can we slow down how fast the cereal will come out of the box?
What's your favourite breakfast?

Activity 2 – Sorting and organising

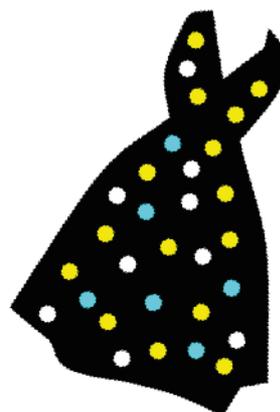
Pairing socks and sorting clean laundry

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

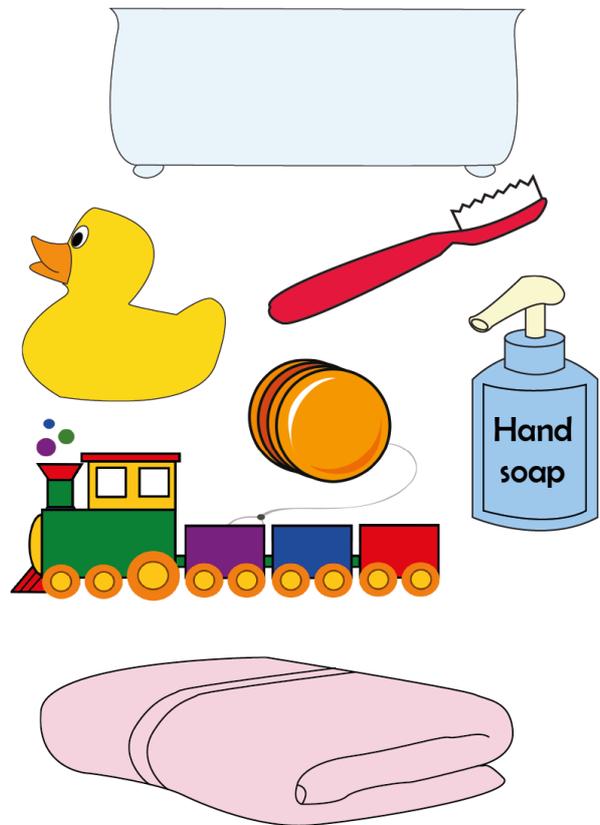
Adult supervision is essential for water activities

What to do

- Talk about the importance of hygiene and keeping our toys clean.
- 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.
- Encourage your child to push sleeves up and wear an apron (or old T shirt).
- Expect toys to be rewashed many times – children love this sort of task.

What you need

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



Extension

Add waterplay toys for pouring and scooping (*jugs, cups, Nurofen-type syringes*). Include sorting as a task – mix up the type of toys and get children to sort them by type once dry.
Make a poster to explain why we need to keep our toys clean.

Questions to ask

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?

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?!

Activity 6 – Tidying up and daily jobs

Tidying a room for the length of a song

What to do

- Talk about how breaking up tidying into little jobs can make them easier and more fun. Also, if everyone helps, jobs are finished much more quickly.
- Challenge children to tidy a room for the length of a song.
- You will need to allocate and specify the task/s, e.g. *Put as many toys in the basket while the music is playing, or pick up as many Lego pieces as you can until the music stops.*
- Celebrate your achievements made in the time one song took to play.

What you need

A messy room
Music to play



Extension

Put regular jobs on lolly sticks and children choose to randomly allocate the jobs. Do before and after photographs to celebrate the difference made.

Create a tidying playlist with energetic songs.

Watch and sing along to Mary Poppins tidying the nursery with a spoon full of sugar:

<https://www.youtube.com/watch?v=L4qauTiCY4>

Questions to ask

What jobs need to be done?

How long do you think a song lasts in minutes?

How long do you think it will take to fill the laundry hamper?

How many pencils can you pick up in the time it takes for the song to play?

How different does the room look now?