



Chatting about your day together

Towards bedtime can be a nice time to chat together about your day. Many children "can't remember" as soon as you ask them questions about what they did. A couple of alternatives are to:



- Chat about your own day—something you did or saw that might interest them, which could include age-appropriate examples of how you coped if anything went wrong. Your 'modelling' can prompt them to share their own news.
- Make up a story together about your imaginary day. This might be entirely made up, or include a mixture of real and made-up people and places. It could be you starting it off, with 'Once upon a time...', and you and your child as the main characters.

Chatting about your day together helps young children:

- ◆ begin to get a sense of time and sequence
- ◆ remember their day and feel valued
- ◆ learn how to tell a story (real or made-up) by hearing someone else do it - developing their talking and listening
- ◆ settle at the end of the day.