

Mini
ADVENTURES
FOR

0-4yr olds

*Less screen time
more special time*



Less screen time, more play time!

As parents we need know the **risks** that screen time (TV, tablets, phones) pose to our children. Research is now telling us that using a screen for more than 1 hour per day, increases the risk of;



Emotional impairment, a child's ability to manage their emotions, feel empathy for others, promotes aggressive behaviour and hinders social communication.



Hijacks attention, over stimulates the visual cortex, this stimulation is addictive and can impact on your child's ability to engage with other activities such as sharing a story book.



Delayed speech and language development, 80% of children starting our nursery can not communicate as we'd expect them too for their age.



Activity levels are lower, when children are watching screens. This leads to higher levels of obesity and poor gross motor skills.



Fussy eating habits, when children eat passively whilst watching a screen, they are less aware of the food they are eating. This can lead to poor independence skills, choking and fussy or over eating.



Poor eye health, 1:3 children under 5yrs are now nearsighted, this is expected grow. Excessive use of screens impacts on eye development and visual perception.



Poor sleep pattern, using screens can impact on sleep patterns due to the blue light emitted before bedtime and also surplus energy to burn, due to time spent inactive watching screens.



World Health Organisation recommends;

- Under 2 years: No screen time is recommended.
- Ages 2 to 4 years: Limit screen time to no more than one hour per day.

Try....

Going on our Mini Adventure together (more to follow)
Screen free meal times

Less screen time, more special time

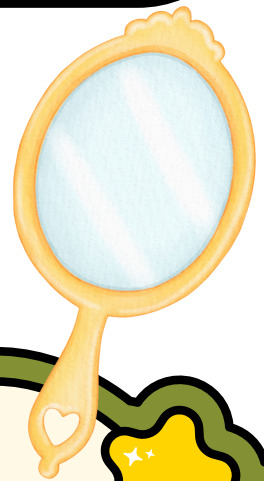
Mini Adventure #1

for babies....

Try... looking in a big mirror together
Spend time looking in a mirror with your baby. Play peek-a-boo; cover your baby's eyes and then reveal their reflection. Use your baby's name often.
You could also point and name their facial features, "my nose...your nose.."

What words to use...

eyes, nose, mouth, ears
mine, yours
"I see you..."



Top Tips

Follow your baby's lead,
copy their babbles, mimic
their reactions.

Less screen time, more fun time

Mini Adventure #2

for babies....

Try... having a boogie together to music
Either holding your baby in your arms or by their hands, choose their favourite songs to dance to. Bounce to beat, clap hands and wiggle while you dance.

What words to use..

clap, wiggle, start, stop
fast, slow,



Top Tips

Try different types of music from bhangra to classical.



Less screen time, more play time

Mini Adventure #3

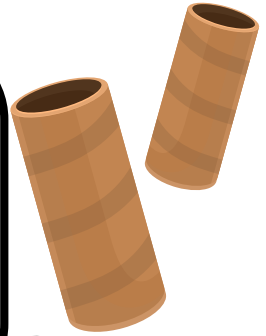
for babies....

Try... exploring tubes

Collect different tubes for your baby to explore. Spend time looking through the tubes, talking through them or pulling different socks out of them.

What words to use...

look, inside, push, pull,
loud, quiet



Top Tips

Try making collections of other objects to explore, like pots & pans, hats or boxes



Less screen time, more outside time

Mini Adventure #4

for babies....

Try... local walk

Take your baby on a local walk, stop often and notice what they look at. Name and talk about the different things they gaze at.

What words to use..

“What can you see?”

“You can see a”



Top Tips

Use your voice to copy the sounds you hear; tweet like a bird or beep like a car horn.

Less screen time, more outside time

Mini Adventure #5

for babies....

Try... a nature crawl

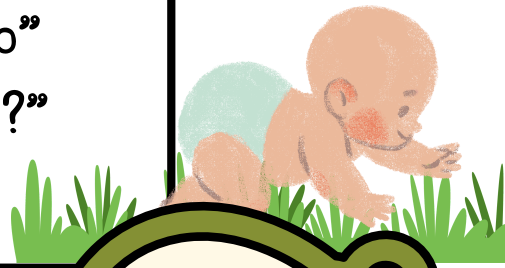
Check the ground first, but then allow your baby to crawl around on the grass. Crawl with them and watch for their reactions. Copy their babbles. Keep a watch to ensure they don't place anything in their mouths.

What words to use..

“Ready..steady..go”

“What can you see?”

cold, wet, sticky



Top Tips

Once weaned, encourage your baby to feel different textures of food; from rice crispies to avocado .

Less screen time, more talking time

Mini Adventure #6

for babies....

Try... sharing a book outside

Take a few of your baby's favourite books outside and share them whilst seated on a blanket. Let them turn the pages, notice the pictures and name what they point to.

What words to use..

“Look a

“What can you see”

“It's a ...”



Top Tips

Your baby is never too young to share a book. Try and share a book together every day.

Less screen time, more play time

Mini Adventure #7

for babies....

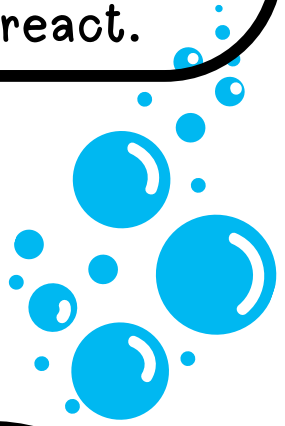
Try... blowing bubbles together
Call your baby's name, to gain their attention, before you blow the bubbles. Repeat this, waiting for your baby to look, before you blow. Offer them "more bubbles" and wait to see them react.

What words to use..

"more bubbles"

"Ready...steady...blow"

pop, all gone.



Top Tips

Enjoy bubbles everywhere in the bath or in the garden.

Less screen time, more play time

Mini Adventure #8

for babies....

Try... exploring boxes

Collect different sized boxes from home and the supermarket. Let your baby explore opening, filling and crawling inside them.

What words to use..

“Peek-a-boo I see”
inside, on top,
big box, small box



Top Tips

In the bath, let you baby explore filling and emptying different containers with water.

Less screen time, more special time

Mini Adventure #1

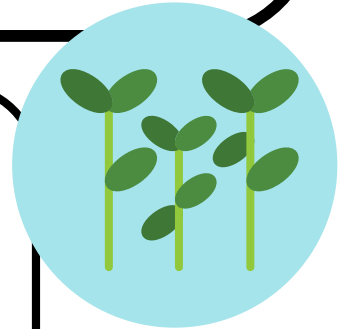
for 2yr olds....

Try... growing cress

Buy some cress seeds, let your child sprinkle them on to wet tissue/cotton wool. Together, check them each day and talk about the changes you see happening. Once grown, enjoy the cress on a sandwich.

What words to use...

seed, sprinkle, water,
leaf, stem,



Top Tips

Let your toddler do things independently for themselves whenever they can.

Less screen time, more talking time

Mini Adventure #2

for 2yr olds....

Try... visiting a garden centre

Large garden centres will have lots of different plants, fish and pets to look at and talk about. Notice what interests your toddler; comment on the colours, shapes and size of the things you see.

What words to use..

“look, I can see a ..”

colour names,

big, small,



Top Tips

Think of the different local spaces you can take your toddler, such as the pet shop, library or swimming pool.

Less screen time, more fun time

Mini Adventure #3

for 2yr olds....

Try... jumping in puddles

On a rainy day, dress in wellington boots and enjoy jumping in puddles of different sizes. Your toddler might also like to throw a stick or stone into the puddle to watch the splash it makes.

What words to use..

big, jump, splash,
in, out.



Top Tips

Encourage your toddler to spend time outside everyday.

Less screen time, more special time

Mini Adventure #4

for 2yr olds....

Try... feeding ducks

Visit a park with a duck pond. Enjoy feeding the ducks together. Copy their quacks and talk about what you see the ducks doing. Notice the different colours and sizes between the ducks.

What words to use..

duck, swan, goose

more, gone

big, small



Top Tips

Share books with pictures of different animals. Name them and mimic the noises they make.

“moooo”, “baaa”, “woof”.

Less screen time, more talking time

Mini Adventure #5

for 2yr olds....

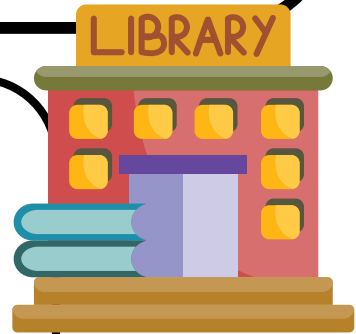
Try... sharing stories in a library

Look for fiction and non-fiction books. Share a story and comment on the pictures. Encourage your child to look for books that interest them and to turn the pages. Maybe join the library for free and take some stories home to share.

What words to use..

book, page, picture

“I can see a ...”



Top Tips

Share a book together
everyday with your child.

Less screen time, more talking time

Mini Adventure #6

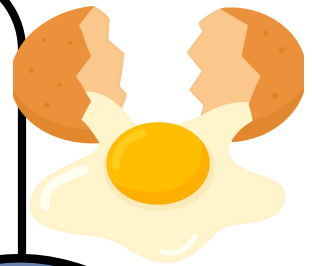
for 2yr olds....

Try... cracking an egg

Let your toddler crack an egg open. Let them find out what's inside. Try not to worry about bits of shell or mess. Let them whisk it up and maybe use it to make scrambled egg for lunch or an ingredient for cup cakes.

What words to use..

crack, shell, egg,
yolk, yellow,
stir, slow, fast,



Top Tips

Encourage your toddler to get involved with making their own food whenever you can.

Less screen time, more outside time

Mini Adventure #7

for 2yr olds....

Try... crunching through autumn leaves

Go on a walk through crunchy autumn leaves. Enjoy throwing them in the air and watching them fall. Look closely at the leaves, talk about the different colours and sizes you see. Collect some to take home to show others.

What words to use..

up, down, more
crunch, brown, orange,
big, small



Top Tips

Encourage your toddler to experience nature; the different seasons and it's wild life.

Less screen time, more fun time

Mini Adventure #8

for 2yr olds....

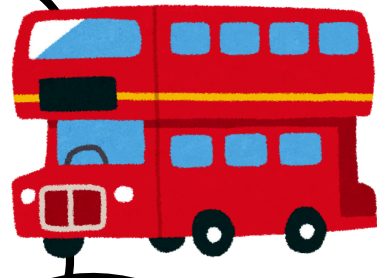
Try... riding upstairs on a bus

Talk about what you see out of the window. Let your toddler talk first, what do they notice? Expand on what they say or explain more about what they comment on.

What words to use..

“What can you see?”

“It’s a ...”



Top Tips

Repeat back what they say, but add one or two more words, such as the colour, size or an action word.

Less screen time, more special time

Mini Adventure #1

for 3-4yr olds....

Try... making a sandwich for a picnic
Let them choose the ingredients, spread the bread and wrap the sandwiches. Talk about what you need to do next and give them simple instructions to follow. Give them time and patience to be as independent as possible.
Enjoy eating your picnic outside.

What words to use..

bread, spread,
on top, inside
first, next, finished



Top Tips

When children get involved in making their own food, they are often more willing to eat it and try new ingredients.

Less screen time, more outside time

Mini Adventure #2

for 3-4yr olds....

Try... listening to rain under an umbrella

On a rainy day, take an umbrella outside to listen to the rain falling. Sing a song or dance in the puddles. Comment on how the rain changes how things look. Try catching a rain drop on your tongue!

What words to use..

“Listen, what can you hear?”

wet, drop, puddle, splash



Top Tips

Encourage your child to experience different weather; cold, windy, warm and snowy.

Less screen time, more play time

Mini Adventure #3

for 3-4yr olds....

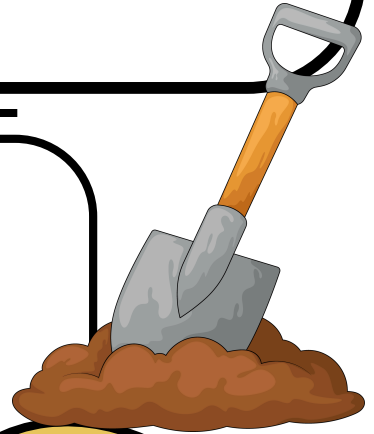
Try... digging in the mud together. You can use spoons or trowels to dig in the garden or park. Name what creatures you find. Comment on what your child is doing as you play together. You could make mud cakes or magic potions- encourage your child to use their imagination.

What words to use..

mud, dig,

pebble, worms, woodlice,

under, on top, inside



Top Tips

Play imaginatively each day
with your child.

Less screen time, more fun time

Mini Adventure #4

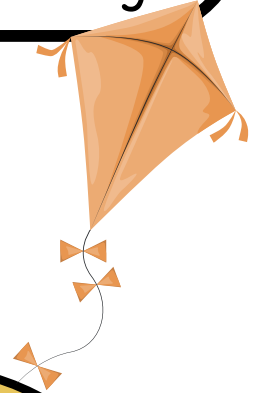
for 3-4yr olds....

Try... making paper bag kite

Together, decorate a paper bag and tie a long piece of string to one side. Enjoy flying it outside in the wind. Comment on how the kite moves. Together, think about how you can make your kite fly.

What words to use..

on top, long, short,
big, small
slow, fast,



Top Tips

There are lots of craft activities you can do at home using empty boxes and tubes.

Less screen time, more play time

Mini Adventure #5

for 3-4yr olds....

Try... making a sock puppet

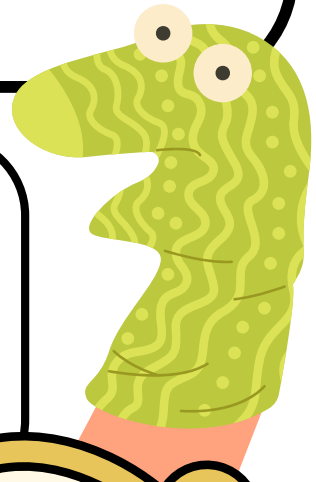
Using an old pair of socks, stick on some goggly eyes, a tongue and use felt pens to make patterns. You can then use the sock puppet to sing nursery rhymes or tell stories.

What words to use..

long, short,

“sing me a song...”

“tell me a story..”



Top Tips

Playing turn taking games with your child. Taking turns is an important skill to learn.

Less screen time, more play time


Mini Adventure # 6

for 3-4yr olds....

Try... using a torch to see in a dark place
Take two torches into a darkened space. Encourage your child to explore how they can cast shadows or illuminate objects. Talk about the different shapes and sizes they make.

What words to use..

shadow, bigger, smaller
light, dark,
on, off



Top Tips

Having a good sleep routine can really help your child manage their emotions throughout the day.

Less screen time, more active time

Mini Adventure #7

for 3-4yr olds....

Try... a woodland walk.

Go on a walk together in a local wood. Explore what's on the ground, what do they find? Collect leaves, twigs, fur cones to take home. Listen for the different sounds you can hear?

What words to use..

tree, twig, branch, grass.

"Listen, what can your hear?"

"I can hear.."



Top Tips

Helping to care for plants and animals can help your child develop empathy, as they understand how to care for them.

Less screen time, more play time

Mini Adventure #8

for 3-4yr olds....

Try... videoing each other.

Take turns to video each other doing something you are good at. Such as saying a rhyme, dancing or kicking a ball. Your child will enjoy videoing you too. Watch the clips back and talk proudly about what you see.

What words to use..

start, stop,

“What are you good at?”

“I’m proud of you because...”



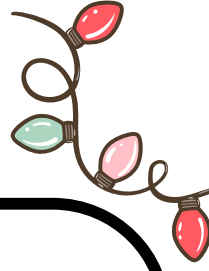
Top Tips

Sharing your feelings helps your child to recognise and label the different emotions they feel. You can also label their emotions for them too!

Less screen time, more special time



Christmas Mini Adventure



Try... going on a Christmassy walk.

Take a local walk, stop often and notice the different Christmas lights. Name and talk about the different things your child takes interest in. Notice the weather and seasonal changes around you.

What words to use..

big, small, twinkly,
colour names,

on top, next to, behind, inside

“What can you see?”

“Look, I can see a...”

Top Tips

Encourage your child to be active and spend time outside every day. Encourage them to experience nature; in all weather and the wildlife that lives around us.

