



## Growing- How I grow and char

This is the perfect opportunity to pull out all your family photo albums (or on your phone!) and have a good look back at your child's history of growing!

Talk to them about how they were when they were babies- did they eat normal food? Did they have hair etc.

Then compare to them now. What can you do now that you couldn't do when you were a baby?

If you have any of their old clothes or shoes to look at and compare sizes etc then that is a good conversation starter about size. Use words such as bigger, smaller, big, little, small, biggest, smallest etc

Listen to the story of 'Titch' here:

[https://www.youtube.com/watch?v=X\\_BNxLeK120](https://www.youtube.com/watch?v=X_BNxLeK120)

Some more 'Titch' ideas and activities to do at home:

<http://www.lovemybooks.co.uk/titch>

Other ideas to do at home:

- Read the story of Goldilocks and the three bears. You could use different sizes of chairs and teddy bears along with a few accessories and a lot of imagination.
- Add several dolls to your area so children can pretend to care for babies of their own.
- Grown-up accessories such as shoes, jewellery, clothing items, etc.
- Children will love to dress up and pretend they are adults.
- A shoe with laces...children can practice tying shoelaces.
- A shirt with buttons and a coat with a zipper so they can practice these skills

- Memory game such as 'Kim's game' - lay out some of the objects, children close their eyes. Take one item away. Can they tell you what is missing?
- Make play dough (see video on the website) and use with different sizes of cutters. Encourage children to make balls or snakes and compare the sizes.