



Norfolk
County Council

9 day challenge activity pack



**Talk
& Play**
all through the day

Our friends in the speech and language development team at East Coast Community Healthcare have come up with some easy fun activities to do with your little one. These activity cards are all designed to get your baby, toddler and pre schooler talking and understanding language.

- Pick one a day to do with your little one.
- Complete all activities in 9 days.
- Choose your favourite ones and try to include them in your daily routine moving forward.
- Why not get your little one to choose one and play it together every day?
- For more ideas and activities visit norfolk.gov.uk/talkandplay and follow @Norfolk County Council Family Information Service on Facebook.
- Call Just One Number if you have any concerns about your child's speech development.



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9 day challenge Challenge



- | | | |
|--|---|---|
| <input type="checkbox"/> bathtime | <input type="checkbox"/> laundry | <input type="checkbox"/> listening and talking |
| <input type="checkbox"/> outdoors | <input type="checkbox"/> meal times | <input type="checkbox"/> pillow case |
| <input type="checkbox"/> shopping | <input type="checkbox"/> treasure basket | <input type="checkbox"/> imaginative play |