



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough



Telford and Wrekin
FAMILY HUBS



5 BY 5



Creating foundations for a fulfilling childhood

As a parent or carer, you do a brilliant job to help your child learn and grow.

We have worked with you to create 5 by 5 which sets out a range of adventures to explore with your child, before the age of five, to help them be happy, healthy and active.

The adventures are grouped into **five themes** and are designed to support your child to develop and grow, find their voice, make friends, be curious and creative and build connections with the world around them.

You may have already tried many of the adventures with your child, or some may be new to you both, but why not see how many you can try.

Many are no or low cost and can be done in and around the home or at venues across Telford and Wrekin, including libraries, parks and community groups.



Turnover for the full list of adventures



5by5.telford.gov.uk

5BY5

CHECKLIST

Tick them off as you go

The adventures will support your child's growth, development and confidence to help them start school.

How many have you already tried?
How many more can you do?

Develop and grow

- ☐ Eat a rainbow
- ☐ Splash in a swimming pool
- ☐ Stamp and scrunch the autumn leaves
- ☐ Grow your own food
- ☐ Walk/hop/skip or run across the Ironbridge
- ☐ Put on own shoes and coats
- ☐ Use a potty or toilet independently
- ☐ Eat with utensils
- ☐ Learn to brush teeth with supervision
- ☐ Visit the town park and use the equipment

Find my voice

- ☐ Share a book and listen to stories
- ☐ Go to Bounce and Rhyme and join the library
- ☐ Learn a nursery rhyme and sing a song
- ☐ Listen to outdoor sounds
- ☐ Explore the sounds that musical instruments make
- ☐ Join my friends in the role play area
- ☐ Play peek-a-boo
- ☐ Blow bubbles and catch them
- ☐ Feed the ducks
- ☐ Teddy bears picnic

Make friends

- ☐ Visit a toddler or community group
- ☐ Go to pre-school
- ☐ Play hide and seek
- ☐ Play a board game with friends
- ☐ Go on a treasure hunt with friends
- ☐ Talk to the baby/toddler in the mirror
- ☐ Draw a picture of your friends
- ☐ Play circle games
- ☐ Build a den
- ☐ Attend an event in the community

Being curious and creative

- ☐ Ride on a bus or train or both
- ☐ Exploring paint
- ☐ Play a musical instrument
- ☐ Get messy with arts and crafts
- ☐ Build a sandcastle
- ☐ Lay on the ground and watch the clouds sail by
- ☐ Dance and sing to music
- ☐ Take a torch and walk when its dark outside
- ☐ Blow a dandelion and make a wish
- ☐ Play with playdough

Building connections

- ☐ Count to five
- ☐ Draw with a pencil
- ☐ Look for letters and numbers on signs in the community
- ☐ Write out a card for family or friends
- ☐ Choose a recipe and bake it with a grown up
- ☐ Make a shopping list and go shopping
- ☐ Go on a bug hunt
- ☐ Plant a sunflower and see how tall it grows
- ☐ Make a snowman
- ☐ Walk in the woods