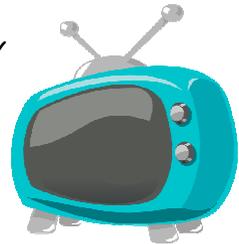


At Home with
Telling the Time
Parent Information Booklet

By The Thomas Coram SpLD Base

It will really help your child succeed with telling the time if you can make sure that they feel at home with using time in everyday situations.

- Even with a very young child, use time as part of your everyday conversation: *Soon, only about five minutes to wait now or it's a long time to wait, four or five hours maybe.*
- Quite a few children do not realise that the hands of a clock or the digital numbers do actually move! Stand with your child and watch it happen.
- Give your child a sense of your own family timetable: *We get up at 7 o'clock...Mum has to leave for work by 8.15...School starts at 9 o'clock...bedtime is usually 7.30 on school days and about 8.30 on weekends.*
- When your child is waiting for something encourage them to use the clock: *When the big hand reaches round to the 12, and the little hand is on the 6, then it will be 6 o'clock and it will be time for your TV programme. When the clock says 06.00 then we will know it is time to turn the TV on.*
- Count down the time to an exciting event: *Grandma should be here in less than three hours. Only five minutes and the cake will be ready to take out of the oven.*



- Show your child how time can be found not only on clocks on the wall at home, but also on your watch, computer screen, mobile phone, car instruments and home equipment such as the television.
- Explain how time can be expressed in different ways: *That's a digital clock, 2.45 is just the same as quarter to three, you can say 'Two forty five' or you can say 'Quarter to three'. It means the same thing.*
- *Your photo's ready in one hour. Prescriptions ready in 30 minutes. Back in 10 mins:* involve your child in working out when to go back.

- Opening and closing time of shops, banks, exhibitions etc. are usually displayed prominently. Get your child to check them out for you.



- Get your child to look up the times of their favourite TV programmes in the TV guide or on the screen.
- Look at the playing times on DVDs *'How long does it take to play? If we start it now will we have time to see the end?'*

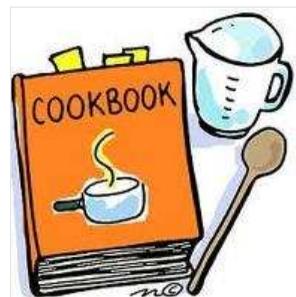
- Look in the newspaper and get your child to check the times of the film that you want to see.



- Car parking is a good opportunity for talking about time:
*How much will it cost for 2 hours? How long do we need?
We've only got one hour on this spot, it is ten past two now
so when will we have to be back?*



- Look at the car parking receipt that you got as you drove out of the car park.
Does it show the time you went in? Does it show the time you went out?
- Look at directions on packets, and encourage your child to understand and use the instructions relating to time:
Microwave on high for 2 mins.



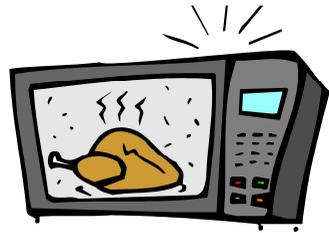
- Cook with your child and encourage them to follow the instructions:
Cook for 10 minutes on each side.
- Get your child to help you calculate cooking times:
15 minutes per kilo + and extra 10 minutes.

- Allow your child to play with the kitchen timer, so that they get a sense of how time passes, and what a time span such as 5 minutes actually 'feels' like.

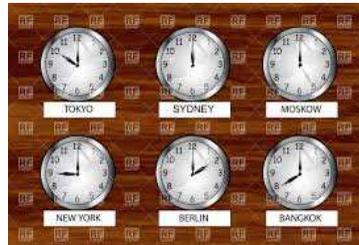


- Show them how to set the alarm clock or automatic timer.

- Encourage your child to use the electronic time display on your microwave, washing machine or dishwasher: *Are the vegetables nearly done? How long before that washing is finished?*



- Talk to your child about different time zones across the world. Explain to them how when you are just getting up, somewhere, on the opposite side of the world, children are just going to bed.





- Watching sports is a great way to introduce your child to the concept of time.

Many team sports are time limited, with definite divisions such as *half time*, *full time*, *extra time*.

- Talk to your child about the starting time for the game and how long each half or quarter is going to be. Keep track of the time, 5 minutes before the final whistle can be a very exciting time in the match!

- Organise your own family sports, with distances run and time taken recorded by your child.



- Encourage your child to try for their 'personal best' times in running, swimming etc.
- Follow sporting events through radio, television or newspapers. Take an interest in world record times, personal best times, winning times etc. (this is also great for introducing your child to the concept of decimals and the importance of very small shifts in numbers.)

- Before a journey, encourage your child to look at the timetable. Talk to them about what time you need to leave home to arrive at the right



time. Show them how to judge time, leaving yourself a margin for error: *The bus leaves at 3 o'clock, so if we leave at 2.45 that gives us 15 minutes, it only takes 10 minutes to walk there, so we should be in good time.*

- Encourage your child to look at timetables so that they understand how departure and arrival times are set out.

- Call into the local train station, airport or bus station, and look at the display boards with your child. They can see how information about times of services are displayed.



- Play time estimation games with your child. Let somebody run the stop watch and guess how long 2 minutes is. Try guessing other times such as 5 minutes, 10 minutes, and hour. Who was the closest?



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