

colour me in!



the rhyme

Slice, slice, slice, the bread looks nice
Spread, spread, spread, butter on the bread
On the top, put jam so sweet
Now it's nice for us to eat!

Source - unknown

let's talk

Can you say this rhyme while you actually make a sandwich.

This rhyme can be said just before bedtime ... with a big cuddle just before they go to bed. Sometimes having a routine before bed will settle a child, like always saying the Sandwich rhyme just before tucking them in.

Remember, cuddling your child fills their 'safe-touch bank' - one of the ways they know that they are loved



mainly
music®