

# Coltale's Top Tips

**QUESTION:** What activities can help improve my child's speech and language skills?

**ANSWER:** Try storytelling and encourage your child to tell their stories or recount their day. This will help them organise thoughts and use language.



# Coltale's Top Tips

Mental Health Awareness Week starts on May 12th, so Coltale's been reading "The Dot" by Peter H. Reynolds. Talk about the things Vashti did to her dots; such as changing their colour and making them bigger.





# Coltale's Top Tips

City of  
London  
Family  
Information  
Service

## DID YOU KNOW?

**Mental Health Awareness Week raises awareness of mental health and promotes mental wellbeing.**

**The theme for 2025 is 'community', and how communities provide a sense of belonging, safety and support.**

# Coltale's Top Tips

*Fun  
activity*

**Create a dot mural.  
Discuss the feelings associated  
with colours, like red for anger,  
yellow for happiness.**





# Coltale's Top Tips

City of  
London  
Family  
Information  
Service

## GET ACTIVE

**Go on a mindful nature walk.  
Talk about feelings. For example,  
how does the sun make you feel?**