



Supporting Your Child at Home – Prime Areas of Learning

Communication and Language	Personal, Social and Emotional Development	Physical Development
<ul style="list-style-type: none"> Remember that children learn language best from real people not from tablets, phones or screens Limit screen time – the World Health Organization recommends that children under 2 should ideally not have any screen time and 2 to 5 year olds should have no more than 1 hour screen time per day (this includes time spent on television, tablets, computers and phones) Talk to your child at home – comment on what they are doing, talk about what is happening and introduce new vocabulary. For tips on talking to your child visit: https://www.bbc.co.uk/tiny-happy-people When asking your child a question, use simple language and give them time to think before they reply Read to your child – try to read a bedtime story every day and read the books that your child brings home from Nursery in their book bag Sing songs and nursery rhymes together – repeat favourite songs and encourage your child to join in with the actions even if they cannot say the words Give simple instructions to your child for them to follow e.g. “Please put on your 	<ul style="list-style-type: none"> Help your child to build secure attachments by letting them know how much you love them – say “I love you”, give hugs and kisses, spend time talking and playing with them Build your child’s self-esteem by giving them lots of praise and encouragement when they try to do something new or something that they find tricky Help your child to learn to manage their emotions by identifying and naming feelings e.g. “I think you feel angry” and then giving suggestions as to how to deal with that feeling Play turn taking games e.g. when building with blocks say “my turn, your turn” Encourage your child to share toys with their siblings, friends or with you Give your child opportunities to play with other children their own age by going along to tots groups or arranging play dates with other families https://www.talkcommunitydirectory.org/talk-community-directory-news/new-parent-and-toddler-groups-in-herefordshire/ Help your child to learn how to be patient and wait by not always doing something they ask or giving them something they want straight away Teach your child to use kind hands and feet and not to hit, scratch or kick people 	<ul style="list-style-type: none"> Give your child lots of opportunities to play outside in the garden or at a park Encourage your child to run and jump Allow your child to climb on play equipment or suitable trees and rocks with supervision – this will help your child understand and manage risk Encourage your child to walk instead of using a buggy (use safety reins if necessary) – as you walk, teach your child about road safety and the importance of holding hands and listening to instructions Play with balls, beanbags and balloons with your child – practise throwing, catching and kicking Encourage your child to make large marks in a variety of sensory materials e.g. flour, shaving foam, mud, jelly Make marks alongside your child, showing them how to draw circles, straight lines, zigzags and curves Provide materials for your child to draw with – felt pens, wax crayons, chalks and paper – model how to hold pens with correct grip Make playdough and encourage your child to squeeze, pat and roll it to strengthen their hand and wrist muscles

coat” – build up to two and three step instructions e.g. “Please wash your hands and sit at the table”

- Play simple games that encourage your child to listen e.g. waiting for you to say “ready, steady, go” or responding to your saying “stop” when they are on a bike or scooter
- Look out for games in charity shops or supermarkets that you could play together at home to support your child’s language development –games made by companies such as Orchard Toys or Galt are brilliant
- Ditch the dummy! Dummies have a huge adverse impact on speech and sound production and children over the age of one should not need one. Maybe get the ‘dummy fairy’ to come and take it away or leave it out for Father Christmas to take away on Christmas Eve
- Be mindful of the sort of language that grown-ups are using around your child and the sort of television programmes that your child might be hearing, so that your child does not pick up and copy inappropriate words or phrases

- Model saying “please” and “thank you” and encourage your child to say or sign these words
- Children need to learn to value property so expect your child to look after their toys, books and other things in your house
- Encourage your child to be as independent as possible by teaching them skills and then letting them do things on their own i.e. washing hands, wiping nose, putting on coat, getting dressed
- Have routines at home (e.g. for bedtime) and boundaries for behaviour – your child will feel much more secure and happy if they know what to expect and also how they should be acting
- Don’t be afraid to say “no” to your child if you need to – children need to know that sometimes they cannot do or have what they want or have what they want
- Ensure your child brushes their teeth twice a day for at least two minutes to prevent tooth decay
<https://www.herefordshire.gov.uk/family-support/stay-healthy/6>
- Build your child’s self-esteem by giving them lots of praise and encouragement when they try to do something or do something good
- Make time for some calm, quiet moments during the day when you all stop, relax and just look and listen to the things going on around you e.g. lie on the grass and watch the clouds together

- Allow your child to have a go at using different tools and equipment around the house e.g. a dustpan and brush, spoons to mix cake batter, knives to spread butter on toast etc.
- Give your child a cup to drink out of instead of a bottle or closed beaker
- Teach your child to eat with forks and spoons instead of using their fingers to pick up food
- Encourage your child to eat healthily by providing a variety of fruit and vegetables and limiting sugary or salty foods to occasional treats



Supporting Your Child at Home – Specific Areas of Learning

Mathematics	Literacy	Understanding the World	Expressive Arts and Design
<ul style="list-style-type: none"> Count aloud, everywhere and anything – start by counting to 5, then to 10 and then beyond Encourage your child to count out a certain number of objects e.g. “Can you get me 3 plates?” Practise counting a small number of objects by lining them up and then pointing to each one in turn while saying the numbers Teach your child the names of simple shapes – circle, triangle, square and rectangle Do jigsaw puzzles together at home (look in charity shops for cheap puzzles) – start with wooden inset puzzles and then try 4, 6, 8 and 12 piece puzzles Build with wooden blocks or construction toys such as duplo or megablox Practise making repeating patterns with objects or 	<ul style="list-style-type: none"> Read to your child lots and lots – borrow books from the library or look for books in charity shops or cheap book shops like The Works or The Children’s Bookshelf Read books, magazines or newspapers yourself – if your child sees you reading then they will learn to value reading and see it as a worthwhile and fun activity Re-read favourite stories again and again to your child so that they learn the refrains and are able to retell the story themselves Don’t forget to read traditional tales and fairy stories to your child so they learn storybook language such as “Once upon a time” and “Happily ever after” Talk about the pictures in books as you read – use the pictures to introduce and 	<ul style="list-style-type: none"> Go on lots of walks with your child – there are lovely places to walk in and around Kington – while walking talk about the things that you see and the changing seasons Collect natural treasures like feathers, pinecones and shells – talk about where they come from and how they feel to touch Help your child to become familiar with the place that they live – visit the shops together or go to places of interest like the library or museum Try gardening with your child, in your garden or inside with pots on a windowsill, so your child begins to understand about what plants need to grow and how to look after them Do some cooking or baking with your child, letting them mix ingredients together 	<ul style="list-style-type: none"> Play with your child as much as you can – you can model turn taking and sharing, introduce language and show them how to play with different types of toys Play imaginative, ‘let’s pretend’ games (shops, homes, superheroes etc) use props from around the house and old clothes to dress up in Make dens and blanket forts to play and read in Play with small world toys like cars, trains, animals and dolls – make the sounds that the toys would make and create stories around them Build with blocks and bricks – use the blocks to create landscapes like castles or roads Sing and dance together Make music with pots and pans or make instruments like shakers out of recycling

<p>actions e.g. 'teddy, doll, teddy, doll' or 'clap, stamp, clap, stamp'</p> <ul style="list-style-type: none"> • Play fun games that introduce or practise maths concepts e.g. lining up toys and talking about who is first or last or pretending to put toys on or off a bus and counting them • When talking with your child and exploring objects and places together, introduce concepts of big/ little, tall/ short, heavy/ light, full/ empty, first/ last 	<p>reinforce vocabulary and practise counting</p> <ul style="list-style-type: none"> • Tell stories as you play with your child or while on a walk and make up stories with your child's name in • Give your child lots of opportunities for mark making and drawing with pens, wax crayons, chalks and pencils – ask them what they are drawing • Incorporate pretend writing in your play e.g. get your child to pretend to write a shopping list • Help your child to recognise the letters in their name – point out the initial letter in their name if you see it out and about • Start to talk about the <i>sounds</i> (not letters) that words start with e.g. “a for apple” 	<ul style="list-style-type: none"> • Look at photos and talk about families and friends and things that you and your child have done together previously • Look at your child's baby photos and talk to them about how they have grown and changed • Involve your child in any celebrations in your family e.g. let them help bake or decorate a birthday cake or put the decorations on the Christmas tree • Encourage your child's curiosity by explaining how things work and why things happen • Teach your child to care for our planet and the things that live here –sort things for the recycling bin together and remember to put litter in a bin 	<ul style="list-style-type: none"> • Help your child to recognise and name different colours • Try 'loose part' play – give your child an old cardboard box, a kitchen roll, empty plastic bottles etc. to play with. Can they use their imagination to play with them? A box could be a boat or a car, a kitchen roll could become a pirate telescope, empty bottles could become skittles
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