

## How can you help at Home?



### **Personal, Social and Emotional Development:**

- Support your child to wait their turn in conversations and games.
- Talk to your child to prepare them for changes
- Support your child to develop negotiation skills enabling them to solve problems through talk
- Seize every learning opportunity and let your child help with simple jobs around the home, e.g. with cooking, laying the table, watering plants.



### **Communication and Language:**

- Play games where your child has to listen to and follow the rules
- Ask open questions to encourage your child to formulate a response
- Take time to listen to your child talking about things they've done and answer their questions.



### **Physical Development:**

- Encourage your child to notice the changes to their body after exercise
- Help your child to learn how to use simple tools such as scissors – practice makes perfect.
- Encourage and support your child to put on and do up their own coat and shoes
- Helping with simple chores around the home such as sweeping, tidying up toys, and lifting things develops and strengthens muscles.

### **Literacy:**



- Set aside time to enjoy a book together without any distractions.
- Encourage your child to discuss the characters (appearance, behaviour, feelings) in a story, the settings and events.
- Encourage your child to predict possible endings to stories and events

- Support your child to attempt to write their own name using the correct letter formation and pincer grip
- Refer to letters of the alphabet by the sounds they make, NOT their alphabetical names



### Mathematics:

- Provide reasons to count, e.g. during setting the table, counting out snacks
- Encourage estimations, e.g. estimate how many sandwiches to make for the picnic
- Encourage use of mathematical language, e.g. number names to ten: 'Have you got enough to give me three?'
- Point out the use of numerals in everyday life, television remotes, telephones, bus and house numbers, car registration plates



### Understanding the World:

- When your child discovers things of interest try to explain the science behind their discoveries – for example, look into a soup spoon and notice the different reflections in the concave and convex sides of the spoon.
- If your child enjoys drawing and mark making, you could provide paper and crayons or a pencil for your child to draw what they have found out.
- On a sunny day, in winter as well summer, go on a shadow hunt with your child – look at the shapes, sizes and positions of the shadows. Try to catch your shadow.



### Expressive Arts:

- Make streamers from strips of plastic or paper, tie them to a stick or clothes peg and watch what happens when you run or dance with them out of doors.
- Try making collage pictures with scraps of paper, fabric, wool, sequins, buttons, and natural materials such as leaves and grasses.