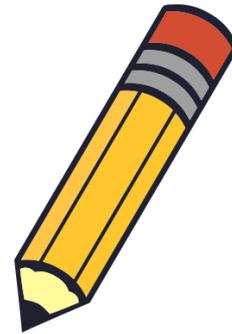




# Helping your child at home



# Personal, Social and Emotional Development



- Try to encourage sharing by playing games that help with turn taking, this will also help to build social skills.
- Praise them for making the right choices, catch them being good.
- Tell us about your child's achievements at home, either by filling in a star or by writing in their reading record.





# Physical Development



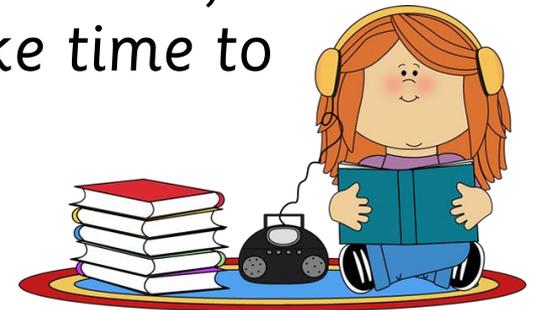
- Make lots of time for outdoor activities such as running, jumping and climbing.
- Encourage lots of fine motor activities, like threading beads, cutting and sticking.
- Show them how to dress and undress themselves independently, especially how to button clothing and use zips.
- Encourage independent use of the toilet and teach them how to wash and dry their hands each time they go.





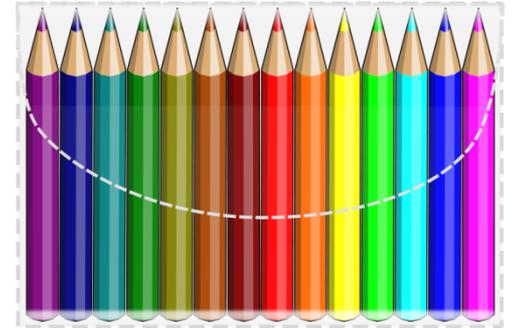
# Communication and Language

- Encourage your child to sing songs and nursery rhymes.
- Practise phonics regularly.
- Ask lots of questions about their day and actively listen and respond.
- Listen to audio books and story CD's, and encourage a discussion about the story.
- When you share an experience with your child, such as a shopping trip, or family event, make time to discuss it with them afterwards.



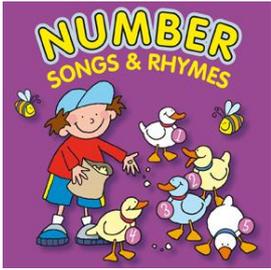


# Writing



- Allow them to scribble with crayons, chinks and paints.
- Let them trace shapes and have lots of opportunities to colour in.
- Cut out pictures using appropriate scissors.
- Use playdough to develop manipulation and motor skills.
- Let your child see you writing things, such as lists and cards.

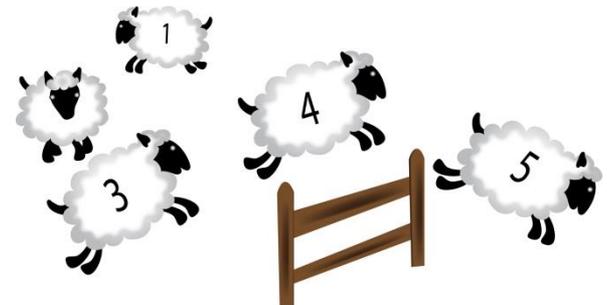
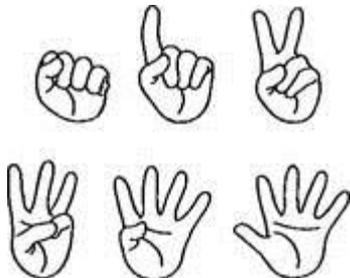




# Mathematics



- Practise counting everyday things, such as socks, cutlery, cars, groceries and fingers and toes.
- Point out numbers that are all around.
- Sing counting songs and rhymes.
- Talk about shapes you see - the magazine is a rectangle, a biscuit could be round like a circle.
- Experiment with things that are heavy and light, or compare long and short.





# Reading

- Try to share a story together everyday. Talk about the pictures and the characters, ask how they might be feeling. Ask questions as you read about what's happening or get them to predict the next part of the story.
- Point out signs and symbols all around and read them to your child.
- Visit the library either locally, or in school and let them choose their own books.
- Help them to read their own name.





# Expressive Arts & Design



- Ask questions about your child's imaginative play and join in if possible.
- Encourage role play, and if possible provide some dressing up items and puppets.
- Allow them to be flexible in their thinking and choice of materials when doing arts and crafts. Praise their ideas and efforts, especially the end product.
- Give them lots of drawing, painting and making opportunities.





# Knowledge and Understanding the World



- Talk with your child about the places they go to and the things that they see around them. Embrace curiosity.
- Answer and ask lots of questions, what if...?, why do you think...?, how did you...?, why do they...?
- Encourage them to join in with everyday tasks, such as cooking, cleaning and gardening etc.
- Encourage their ICT skills, and let them practise using computers, mobile phones, CD players or MP3 players.

