

## Helping your child at home

### Communication and Language



Did you know?

*As your child develops speaking and listening skills they build the foundations for literacy and learning. Your child needs varied opportunities to interact with others and to use a wide variety of resources for expressing their understanding.*

#### **Tips for Parents:**

- Continue to spend time looking at and reading books together, discussing new words and their meanings.
- Make sure you give your child time to talk, your child is trying to express more complex ideas and may need more time to respond to questions.
- Repeat back to your child what they said but reword it into a correct sentence rather than correcting them.
- Play games with sounds and rhymes. This will help with reading and writing skills.
- Use lots of social language such as 'please' and 'hello' at appropriate times so they recognise when to use them.
- Encourage imaginative play and join in with pretend games with your child.
- Be aware when you are using expressions such as 'pull your socks up', you make sure you explain the meaning!

## Reading



### Did you know?

*Enjoying books and **reading** stories from a very **early** age is crucial in the development of children. It helps with their ability to understand words, use their imagination and develop their speech, as well as being something they really enjoy. ... Even from a very young age child love books.*

### Tips for Parents:

- Use books in a variety of situations and match them to what your child is doing. You could take a book about insects to the park.
- Make up voices for each different character in a story.
- Point to words and grammar as you read. By pointing out the speech marks, your child will understand why you use a different voice when they appear. Just don't do it all the time and spoil the flow of the story.
- Pop onto <https://home.oxfordowl.co.uk/reading/learn-to-read-phonics/> to find out how to sound out words and use phonics to encourage children to read simple words.
- Read poetry and stories that rhyme and pause so you can say the rhyming word.
- Visit your local library and help find out what they are interested in. It's free and easy to join and children love having their own library card.
- Let your child listen to stories on a CD. you can borrow audio books for the library.
- Point out words and phrases on shops and signs when you are out and about. Children can recognise familiar words really quickly.
- Let your child see you reading.

## Writing



### Did you know?

*Your child needs to practice making small marks using a pencil or crayon, shoulder and arm muscles are developing and using their hands and fingers to make different movements will help them to strengthen their wrist, hand and finger muscles.*

### Tips for Parents:

- Play throwing and catching games together
- Let your child help you around the house for example: pegging out the washing
- Do jigsaws with your child.
- Make masks and hats so your child can act out stories they know.
- Write shopping lists together and sound out the words. Eg, e-g-g
- Show your child how to use tools such as screwdrivers and spanners
- Write party invitations together.
- Let your child see you writing.

## Maths



### Did you know?

*Your child is starting to learn words such as in, on, under, round and tall. They are also learning when they are watching you using maths and maths language in everyday ways.*

### Tips for Parents:

- Collect everyday items such as bottle tops, which your child can sort into colours or sizes and count.
- Let your child help to pay for things in shops when you're paying with coins.
- Talk about time, such as "How long does it take to get to the park?"
- Let your child help you at home when you're using numbers, such as measuring ingredients for cooking or measuring for DIY.
- Go on a shape hunt and point out all the shapes you see, such as square windows or round wheels.
- Together, look at numbers on cars, houses, buses or road signs.
- Count how many things you see, such as lampposts.
- Play games that involve moving counter backwards and forwards while counting, such as snakes and ladders.
- Play card games where you have to match things, like snap.
- Plays games such as skittles, where you keep score and count how many are knocked down.
- Use estimation in everyday activities, such as asking How many cakes will we need if Granny and Grandad come to tea?

## Physical Development



### Did you know?

*Children should be active for at least three hours a day, spread throughout the day.*

### Tips for Parents:

- Give your child small coins to post through a slot, kitchen tongs to pick up small objects.
- When outside encourage children to carry buckets or sand, gravel, adult watering cans and push a wheelbarrow.
- Play tug of war games and go on wheelbarrow walks with your child.
- Play hopping and crawling races, or dance outside with scarves and streamers.
- Play hop scotch and create targets to throw balls at.
- At the park encourage your child to put their tummy on a swing seat and swing.
- Play musical statues and musical bumps.
- Encourage your child to dress themselves, when you're not in a hurry.
- Practice large arm movements by letting your child help with cooking, mixing, rolling pastry, icing, scooping and scraping out of the bowl.