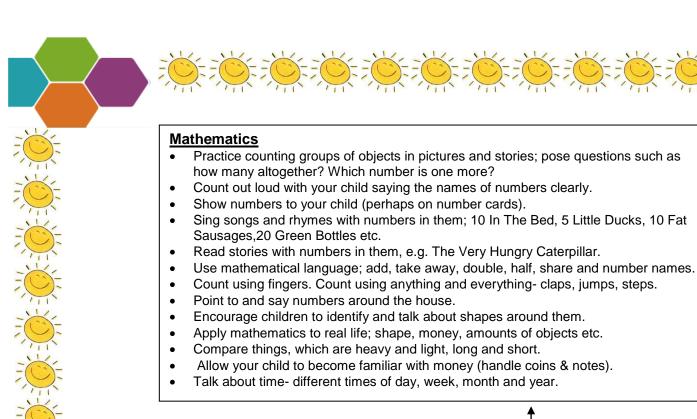


Physical Development

- Encourage your child to handle small and large equipment.
- Allow your child to use small scissors and develop their cutting skills.
- Allow your child to run, hop, skip, jump and find different ways of moving.
- Talk to your child about different environments, how to be safe and move freely. E.g. the Park, cycle path, swimming pool.
- Play games such as follow the leader and get them to repeat your actions to develop balance and coordination.
- Discuss changes to their bodies after exercise; heart beating faster, feeling hot etc.
- Encourage your child to eat a healthy range of food- fruit, vegetables etc.
- Allow your child to use play dough to develop their finger strength.

Personal, Social and Emotional

- Encourage your child to say please and thank you.
- Encourage your child to dress and undress themselves on their own.
- When playing with your child, support them in sharing toys and encourage them to tidy up.
- Allow them to choose some toys themselves and talk about their opinions of these toys; e.g. this is my favourite doll/car.
- Try to support your child in taking turns with others.
- Encourage your child to talk about their feelings.
- Encourage your child to say when they do and don't need help.



The specific areas

Literacy

- Allow your child to select books for themselves; ones that interest him/her.
- Encourage your child to 'read' what is happening in the pictures. Prompt them to tell you a sentence about what is happening.
- Support your child in reading sounds, words and eventually sentences in books.
- To increase vocabulary and identify sounds: play word games such as I spy.
- Sing alphabet songs and talk about the names of the letter and the sounds that they make.
- Make shapes of letters: out of play dough; write them in sand; write their own name in the air etc.
- Encourage your child to sing/say songs and rhymes and tell you their own stories.
- Point out illustrations, advertisements and print in books and the environment.
- Practice writing their own name and letters of the alphabet.
- Use the **English Alphabet website** to learn letter sounds and shapes (see attached sheet for details).
- Help your child to complete their sound and handwriting homework.

Creative Development

Understanding the World

television.

events.

outdoor area.

smooth, soft, etc.

you?

Talk to your child about the places they go and the things they see in

the world around them or on

Talk about special times in their

lives and the lives of others they

Encourage them to explore their

surroundings; particularly in the

Allow them to use simple tools;

such as a small gardening tools.

Encourage them to feel different

textured objects and describe the texture, shape and colour; rough,

Answer and ask questions: what

if? Why do you think? How did

Allow your child to observe animal/plants and describe them.

know, e.g. birthdays, religious

- Allow your child to listen to and sing songs and rhymes.
- Engage in role-play with your child, creating stories with toys.
- Explore different media; paint, pencils, crayons.
- Allow your child to use scissors and glue and encourage cutting and sticking activities.
- Dance to songs and make up actions to them, e.g. Wheels on the Bus.
- Encourage your child to make music out of everyday items-pots & pans.

