



## Personal, Social and Emotional Development

- Help me with dressing but let me do the last steps, e.g. pulling up my zip after you have started it off.
- Give me lots of opportunities to be active and practise running, jumping, balancing, climbing and swinging.
- Encourage me to walk, scoot or bike to my nursery or childminder

- Give me tasks to carry out, e.g. washing my plate after snack.
- Model how you manage your own feelings, e.g. "I'm feeling a bit angry so I am going to take a deep breath." Help me to understand why I am feeling sad or frustrated.
- Make a 'calm down jar.'

## Communication and Language

- Have conversations with me about things that I am interested in. Encourage me to keep talking by nodding, smiling and making comments.
- Introduce new words when we are playing, eating or when we are out and about. Explain what new words mean to me.
- Talk to me about things that have already happened and what might happen soon.
- Play listening games with me such as 'Simon Says'.



## Literacy

- Talk about stories with me, what is happening in the pictures? Give me time to think and share my ideas.
- Play around with words. Make up fun rhyming sentences with me.
- Let me help you write birthday cards and shopping lists.

## 3-4 year olds

- Make home-made paintbrushes using clothes pegs and items from around the house and outdoors.
- Join in pretend play with me.
- Give me a cardboard box and some fabric to build a den with.

## How to help me at home

- Point out the number of things rather than just the names, e.g. "We have two apples!"
- Give me lots of opportunities to count for a real reason and always emphasise the last number – "There are 3 cookies."
- Cut out a large shape from a cereal box (circle, triangle), then cut that shape into 2-4 smaller pieces to make a simple puzzle.
- When we're at the park, use words like 'up', 'under', and 'between' to talk about what we see.
- Make playdough with me.

## Physical Development



## Mathematics



## Understanding the World

- Help me make collections of interesting natural materials, e.g. pebbles, shells.
- Let me explore ice, once it has melted a bit (so I don't get frostbite)
- Plant seeds and bulbs with me.
- Take me to different places such as the library.

## Expressive Art and Design

