

Expressive Arts & Design

- Listen to music together and sing songs and rhymes
- Engage in pretend play with your child - if they are a monster, you can be frightened
- Provide opportunities for children to build and create their own designs

Knowledge & Understanding of the world

- Talk to your child about special times; birthdays, weddings and other important events in both their and their families lives
- Talk about the similarities and differences between people, countries and cultures
- Encourage children to look after things, save energy and look after our world



Remember...Each child's progress is individual to them and different children develop at different rates in different areas at different times.

**DON'T FORGET TO LOOK OUT FOR
OUR RECIPES OF THE WEEK—
HEALTHY TREATS TO MAKE AND EAT
WITH YOUR CHILD!**

Why don't you follow us on
Facebook



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Supporting Your Child's Learning at Home during Covid 19



**"The best way to help children
prepare for their adult life is to give
them what they need as children."**

Tina Bruce

**Jeśli potrzebujesz tłumaczenia na język polski
użyj numeru.**

যদি এই অনুবাদ বাংলায় চান তাহলে উপরের সংখ্যায়
যোগাযোগ করুন.

اگر آپ اردو میں اس کا ترجمہ کرنا چاہتے ہیں تو اوپر
نمبر سے رابطہ کریں

Supporting Your Child's Learning At Home and 'Out and About' (during lockdown)

Personal, Social, Emotional Development

- Tell your child something you appreciate about them at least once a day
- Encourage your child to do things for themselves / give them choices e.g. take/put his/her own coat on and off
- Acknowledge your children's feelings e.g.

I know you're feeling angry.



Physical Development

- Encourage children to do things using their hands, fingers and arms e.g. helping with the washing up
- Go outdoors where possible - just remember to follow the social distancing rules and stay at least 2 meters from others outside your family
- Avoid sugary and salty foods or snacks, children will crave these and not enjoy other foods as much. For healthy alternative ideas visit

<https://www.nhs.uk/change4life/food-facts>

Communication and Language

- Sing lots of rhymes and songs to your child
- Give your child your full attention when you are talking together
- Answer every questionor find out the answer together



Reading & Writing

- Read ! Read ! Read! The more you share books and stories the better
- Have lots of paper & pens available and encourage children to draw and write e.g. help with shopping lists, birthday cards
- Point out letters and signs they will recognise e.g. T for Tahmima and T for Tesco



Mathematics

- Count out loud with your child e.g. climbing stairs, putting fruit in the fruit bowl; ask questions such as how many altogether?
- Show numbers to your child when you're out such as house numbers. Point to and say numbers around the house
- Encourage children to identify shapes around them; do a circle spotting hunt, square spotting etc.

“There is no school equal to a decent home and no teacher equal to a virtuous parent.”

Mahatma Gandhi