Ways you can support your child at home:

Give them a simple one-part instruction that is part of their daily routine (e.g. Talk about the feelings your child is displaying and let them know it's get into bed) and wait whilst they try to follow it before helping them. ok to have emotions. E.g. say "I can see you are angry." Share a book together and talk about what you see in the pictures. Teach them the names of their family members and Take them to Sing nursery rhymes together & do the actions. Look on Sing songs who they are e.g. Aunty Sue, Yayha is my brother a park and let http://www.wordsforlife.org.uk/songs for rhymes to sing. together. Talk positively about nursery and the them run, climb & fun they will have, so that they will be Spend time talking with your child about Talk about sounds you both jump. happy to separate from you. what is around them e.g. on the way to regularly hear at home e.g. dog barking. Encourage them to ride a balance bike; nursery, on the bus Personal, Social you can borrow one from nursery Read your child a short, simple story before & Emotional bed each day as part of your bedtime routine. Roll, kick, throw and catch a large soft ball with your Communication Development child. & Language Point out logos and signs when you go shopping. Make playdough together and then squash, roll Physical Paint together with water and large brushes on a balcony or 2 year and flatten it with your hands, this strengthens Development Literacy in garden using big arm movements. olds their hand muscles ready for writing. Make marks together in the bubbles in their **Understanding** Maths bath or the washing up bowl. Let them feed themselves. **Expressive** the World Arts & Design Use number words as you play together, Talk about the people you meet or see whilst out Let them freely explore e.g. "I've got two dolls here." Do simple inset puzzles together. shopping and the jobs they do e.g. bus driver. a collection of everyday Sing some number rhymes together e.g. 1 elephant went out to play. objects e.g. empty tins, Take them to visit new places and try new Count every day objects together e.g. the stairs up to bed. brushes or bangles activities. Look on the '50 things to do before you're 5 in Birmingham' app for lots of free Find and talk about the patterns and colours on their clothes. Make shakers from empty plastic bottles. activities to try together & places to go. Stack blocks or empty cardboard boxes or tins and give Help to look after their bedroom them large cardboard boxes to play in. Have fun dancing together to the music on the radio. by tidying up their toys. Talk about what they are going to do next in their Let them help feed any pets or Let them dress up in old hats, adult shoes or pieces of fabric. morning routine e.g. "have breakfast, then clean teeth" water your plants.