Ways to support your child at home:

4 year olds

Personal, Social & Emotional Development

Continue to recognise emotions with your child. Talk about why they feel happy, sad, excited.

Start to teach them how to put on their own

Play games where they need to wait their turn.

Tell them what makes a good friend and why.

Communication & Language

Have longer conversations—try to keep the chat going!

Give your child 2 instructions and ask them to follow them

Play simple games that encourage them to concentrate

Encourage them to ask questions—use who, what , why, when, where?

Read a book and talk about the events.

Literacy

Keep reading!

Encourage your child to retell a story .

Spot letter sounds in print everywhere!

Write together—could you make a card or write a shopping list?

Practice writing numbers, drawing pictures and talking about what they have created.

Physical Development

Continue to encourage your child to move in different ways!

Explore different speeds when you are at the park.

Play games that need rules! Look out for local activities on offer.

Talk about how we keep healthy— bedtimes, meals they enjoy, friendships they make, favourite exercise!

Understanding the World

Talk about people in your family. Talk about their friends at nursery.

Talk about recycling and why we do this. They could help to sort the recycling at home.

Talk about what plants need to grow. Maybe you could plant a seed and take care of it. Watch its progress.

Get out and about—
talk about your local area.

Expressive Arts & Design

Practice using scissors and glue

Be creative—create pictures together!

Encourage your child to use role play with friends , maybe they could dress up!

Dance, sing, act! Listen to variety of music together. See if you can make up your own songs or make your own instruments.

Maths

Count everything! Use everyday objects—pieces of pasta, toys, books, shoes, socks!

Look for numbers when you are out and about—traffic signs etc

Add small amounts and then take one away

Look at the food boxes and cans you have—explore 3D shapes. Draw and find 2D shapes—triangle, square, circle, rectangle

Compare items around the home—who is taller/shorter, Find something small, empty, full, long, short, big, heavy, light