



Personal, Social and Emotional Development

- Give me lots of different things to grasp, hold, squeeze and explore, like finger paint, playdough, spoons, brushes, shells.
- Let me try to put my shoes on.
 - Play ball games with me.
- Put me on my tummy or back, on a soft mat or blanket so I can kick my legs and roll.
- Let me sit on you, climb over you, and rock, bounce or sway with you.
- Give me lots of opportunities to be active outdoors in all weathers!

Physical Development



Mathematics

- Give me stacking cups and blocks (or cardboard boxes!) Use words like 'in', 'on', 'more', 'lots'.
- Count with me as you put my clothes on, e.g. "One sock, two socks."
- Sing finger rhymes with numbers e.g. Two Little Dicky Birds
- Let me explore 'full' and 'empty' with containers in the bath.

How to help me at home

- I need loving, responsive, playful interactions with you.
- Find out what makes me feel calm - rocking, cuddling or singing.
- Offer me manageable choices between two things
- Let me help get snack or lunch ready and learn to pour my own drink.
- Help me understand my feelings by using words to label my feelings like 'sad', 'upset,' 'angry'
- Model turn taking – "Can I have a turn?" "My turn next."

- Snuggle up and share board & cloth books with me. Point to and name things to help build my vocabulary.
- Share books that let me see people of different races, cultures and gender.
- Give me chunky pencils/crayons/chalks to explore

Understanding the World



Communication and Language



Literacy

- Use a sing-song voice, this helps me tune in to language.
 - Respond to my babble.
- Talk about what you are doing "I'm pouring out your milk into the cup."
- Have back and forth 'conversations' – play 'peekaboo' and copy-cat games.
 - Talk to me in our home language.
- Sing songs and rhymes during everyday activities like nappy changes.
- Tell me the names of things as I pick them up to explore. I need to hear a variety of words.
 - Listen and wait for me to speak or communicate with a sound or a look first. Repeat and build on what I say by adding one or two words.
- When you talk to me, give me time – 10 seconds helps me understand and think of a reply.



birth-3 year olds

- Give me a big piece of paper on the floor to see what marks I can make with my hands, feet, a paintbrush. Let me make a mess!
- Sing to me. Let me hear different types of singing, sounds and music from other cultures and languages.

Expressive Art and Design

