



Working in partnership with Parents and Carers in Reception at East Sheen Primary School.



How you can help your child at home.



Phonics



- I Spy is great for identifying and hearing initial sounds in words. It helps your child to tune in to the beginning of words and identify the sound.
Play it at home, on a walk, in the car... anywhere!
- Songs and nursery rhymes help your child to hear the sounds in words and build up a bank of familiar vocabulary. Encourage them to join in with actions - you could try and make up your own nonsense rhymes too!
- Hide some sounds around your house or outside and see how many your child can find and identify.
- Listen to your child read. In reception, your child will start bringing books home to read. Try to find time to hear them read every day. It could be snuggled up on the sofa, at bedtime or before school.
- Say the sounds correctly at any given opportunity for your child to hear. In all games and activities, make sure you pronounce speech sounds clearly.

There are videos online that will help you to check this.



- Play rhyming games with children. For example, play a game of 'silly soup' and pretend to put in objects that rhyme (such as a bat, a hat, a cat, a mat). Play this with your child and then see if they can do it independently.
- Read to your child. It is important to keep enjoying books together. This helps your child to learn the rhythm and order of stories. It also helps with their vocabulary development for writing and builds their imagination.
- Sound boxes can be a fun way to look at initial sounds with children. Start by filling a box with shredded paper. Alternatively, you could play in a sand pit or the bath (depending on the objects you choose). Then, add objects that begin with two different initial sounds. Write the two sounds on pieces of paper or whiteboards for your child to match the objects to. For example, if it was a duck, it would match to 'd'.
- Joining in with stories and songs can be a great way to support children. When you are reading to your child, ask them to join in with phrases that are repeated. For example, 'Run, run, as fast as you can! You can't catch me, I'm the Gingerbread Man!'. Traditional stories, such as 'The Gingerbread Man' and 'The Three Little Pigs', often have repeated phrases and children will love doing the voices!



Reading



- Reread your child's favourite stories as many times as your child wants to hear them.
- To help your child develop their vocabulary, talk to your child as much as possible about what you are doing. Ask them about their day. What have they been doing?

What was their favourite thing? What games did you play today?

- Sit close together and get comfy! You could encourage your child to hold the book themselves and turn the pages. Use funny voices, puppets or props to bring the story alive.
- Ask questions when you are reading together, such as 'What can you see on this page?', 'How do you think the characters feel?' and 'What is the story about?'



- Look at the pictures and talk about them. For example, 'Can you find a bird or a cat?', 'What else can you see?', 'What are the children playing? Have you played that before?'

• Visit the local library together. It is fun choosing new books to read. Keep an eye out for special

story events at the library or local bookshop that you can join in with.



- Make a storytelling tin. Collect together a group of objects with a story theme. Open the tin and explore the objects inside. Your child can choose a character, talk about where the story will be and think about what might happen. Have fun making up a story with the objects from the tin.
- A story sack is a great way to get your child talking about a story. They are bags that contain the story itself, alongside a variety of items linked to the story. It could be the story CD, a related non-fiction book, puppets, models or objects that are in the story and a related activity.
- Encourage family and friends to share books with your child.

The more your child sees you and others reading, the more they will want to read too.



Writing



- Playdough is a great finger-strengthening activity. Add cutters and tools, theme it with a story or practise moulding letters.

- Writing letters in sand, water or paint (or on whiteboards and chalkboards) is a great way to practise letter formation. Start with the letters from your child's name and move on to initial sounds.

- Drawing is a very good entry point for handwriting as it gives children an opportunity to practise guiding a pencil. They can follow a simple guide or use their imagination to draw.



- Fine motor and hand-eye coordination will develop through lots of activities that use pinching, grasping, twisting, threading, squashing and squeezing. Activities, such as threading, weaving and manipulating small items with tweezers will all help build fine motor control.
- Go shopping and let your child write a small part of your shopping list. Give your child the list while you are there for them to find the items and add them to the trolley. You might

help them to form the letters or write it together so it gives meaning to making marks.



- Sensory opportunities are an excellent way to make writing fun and exciting. You could squirt shaving foam onto a smooth surface and add some paint in colours linked to a theme, such as seasons, rainbows or under the sea. Children can spread the shaving foam and mix it with the paint. They can make marks in the shaving foam with their fingers or with paintbrushes. Provide letters or patterns for your child to copy.

- Scissor skills help to develop fine motor muscles. Have long strips of paper available and draw a mixture of pattern lines on them (wavy, zigzag, straight). Invite children to cut along the lines to complete the pattern.

- Making marks is often where early writing starts. Encourage mark making in natural materials, such as mud, sand or snow. Children can use a variety of tools to make marks, such as brushes, sticks and feathers. Pattern books can also be fun to do and allow children to practise mark making.



- Strengthen fingers by using a pestle and mortar in the garden. Collect things outside and break them down using the pestle and mortar; talk about the smells and the changes as it breaks down. Try some spices from the kitchen too.

Maths

- Practise counting out objects, such as buttons, toys or sticks collected on a walk. Encourage your child to point to each object as they say the number name.
- Songs and rhymes are great for helping young children learn to count. Focus on numbers 1-5 and then 1-10. Try 'Five Little Ducks Went Swimming One Day' and '1, 2, 3, 4, 5, Once I Caught a Fish Alive'.
- Dominoes can be a great way to understand that a number refers to an amount of objects. Matching games can also help your child to understand 1:1 correspondence.
- Talk to children about the different uses of numbers. Talk about numbers you see all around you. For example, 'Look, there are three cats on the wall' or, 'Can you see the number 5 on the gate?' Play games and talk about the numbers on the dice (board games are great for this).
- Talk to children about the different uses of numbers. Talk about numbers you see all around you. For example, 'Look, there are three cats on the wall' or, 'Can you see the number 5 on the gate?' Play games and talk about the numbers on the dice (board games are great for this).



- Measure ingredients and bake something yummy together and set the timer for it to cook.



Try and spot numbers wherever you go – on a menu at a cafe, on the bus, at the shops or people's front doors on a walk.



- Anything can be sorted into groups! Sorting objects into sets of things with similar characteristics is important for beginning to understand what things have in common. This could be snacks, buttons or toys and can be extended to talk about how many are in each group. You could ask, 'Which has more? Which has less? Let's count and check!'
- Once your child has become familiar with counting then they can start ordering numbers. You could label blocks, cars or dinosaurs with numbers 1-5 then 1-10 and enjoy putting them in the correct order, muddling them up and starting again.
- Do maths every day! You might not think it but you will be doing maths every day. Helping your child get dressed, going to the shops, singing counting songs, counting the steps on the stairs, following a daily routine – most activities we do with our child involve maths.
- Play with objects, such as shells, bottle tops, beads or building blocks. These can be sorted into sets, used to make simple patterns or pictures (like a face or boat) or used to prompt





Fine Motor

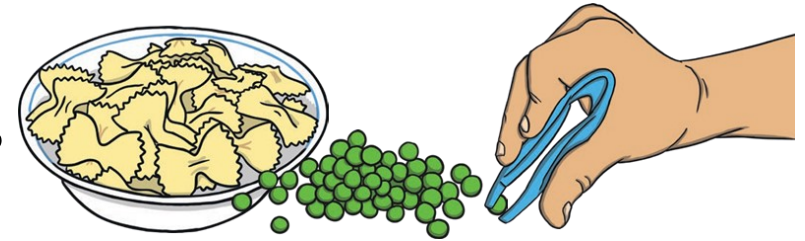
- Have an assortment of beads in different sizes. The children can pick them up and thread them onto cotton, string, wool, plastic wire, or laces.

- Have an assortment of bricks of different sizes. The child can make towers of 10 or more, make a pyramid, copy a pattern if with a partner, connect the bricks together and use alternate hands to build.
- Use sewing cards and threading boards. The child can copy patterns or make their own. They can make their own sewing cards.
- Use dotted paper. Join the dots together using alternate hands, join the dots to make different shapes or a picture.
- Dot-to-dot activities
- Draw lots of different lines on paper and ask the child to copy them. If possible, use chalk to draw lines on the floor or walls.
- Use tracing paper to copy pictures, letters or shapes from comics, newspapers or books.
- Get a piece of square paper and fold it into the smallest piece possible using only the finger and thumb to make creases. Make paper fans.
- Cut along and around the different shapes and lines.
- Make salt dough or bread dough and ask the child to knead it and make letters shapes.

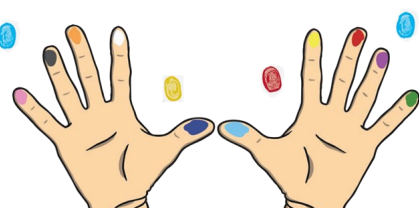
- Use pasta shapes, sequins, lentils or tiny

beads to make a picture or pattern.

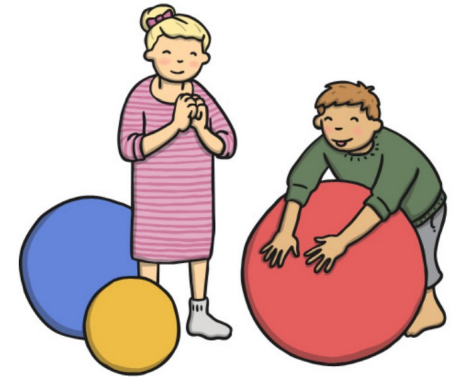
- Cut up different textures and thickness of materials to make a collage.



- Use finger paints to be creative.
- Put pasta and peas in a bowl and separate them using fingers or tweezers.
- See how many paper clips you can join together in a long chain.
- Practise buttoning and zipping up jackets and coats.
- Practise using cutlery & tongs.
- Use bubble wrap. How many bubbles can you pop?
- Use a colander and pipe cleaners. threading the pipe cleaners through the hole.
- Use pegs to hang out washing on a washing line.
- Use an ice cream scoop or spoon to move pom-poms from one bowl to another.



Gross Motor



- Put a small sponge ball into the palm of your left hand and with your arm outstretched in front of you, squeeze the ball to the count of 10.
- Put a small ball into the palm of your right hand and with your arm outstretched in front of you, squeeze the ball to the count of 10. Then open your hand. Repeat 10 times. Repeat with the left hand.

- Get a piece of bubble wrap and use each finger alternately to pop the bubbles.



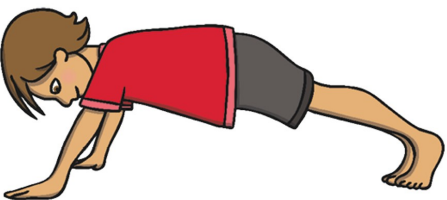
- Get a piece of bubble wrap and pop the bubbles using your thumb and finger together.

- Get a piece of bubble wrap and try to pop the bubbles with your toes.

- Get a large piece of bubble wrap, hold one end in each hand and wring it to pop the bubbles.

- Get a tea towel or piece of cloth and wring it backwards and forwards.

- Get a piece of paper and squeeze it into a ball. Use your left hand, right hand and then both hands.



- Get a piece of paper and fold it into the smallest piece possible using your finger and thumb.

- Make a dough recipe (salt dough, play dough or bread dough) then knead the dough using your right hand, left hand and both hands.

- Throw and catch a balloon individually or with a partner tracking the balloon with your eyes.

- Crawl across the floor whilst blowing a balloon.

- Sit on a chair with your back straight, feet flat on the floor and stand up and sit down. Repeat this 10 times.

- Use your stairs for step-ups. Step up with your right leg first, then your left, then come back down with your left leg first. Alternate which leg you start with. (Facing up the stairs)

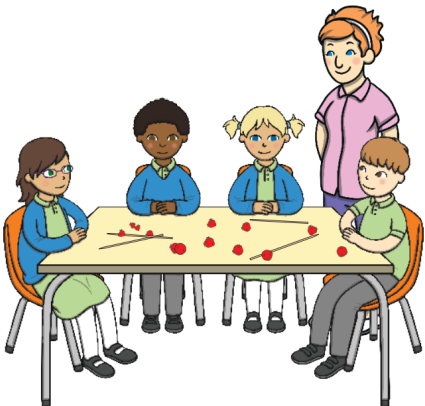
- Step down (as though you are coming downstairs) with your right leg, then left leg. While still facing downstairs, with your right leg, step up backwards and then your left leg. Repeat 10 times.

- Play clapping games, alternating the rhythm and speed. Slow, fast, 2 claps then 4 claps etc.

- Control a small bag using your left foot then right foot around the room, watching the ball the whole time. Alternatively, set up a small obstacle outside. •Outside, bounce

Personal, Social & Emotional

- Organise play dates with other children, with activities such as building things from cardboard boxes or fabric. This helps forge relationships with their peers.
- Engage in role play with your child. Let them dress up as doctors, nurses, shop keepers, firefighters etc.
- Practise short mindfulness activities.
- Discuss empathy and explain that other people have feelings just like your child does.
- Encourage your child to come up with ideas of how you can help them in certain activities
- Talk to your child about keeping safe, for example when crossing the road.
- Talk to your child about their favourite activities - whatever they are - such as walking along a wall, riding a bike or doing jigsaw puzzles. This will help your child to feel proud of themselves and confident about the things they enjoy and can do - a good starting point for helping your child feel they can do lots of things.
- Let your child join in with your activities - whether that is with cooking, shopping, sorting the washing or putting things away in the right place - as this makes them feel that they are capable and competent and will help them develop self-assurance.



- Let your child make choices about, for example, where to have their bedtime story, which toys to take on an outing or which clothes they are going to wear (when the choice is appropriate). This gives a child some

sense of control in their lives and helps them to feel that their choices have been respected.

- Show your child photographs of special family members, friends, events and places that are important to you - such as a picture of an elderly relative, a new baby, a former home or celebration. This helps them develop a sense of being part of a community of people, with their own culture, experiences and places that interest them.
- Encourage your child to verbalise their emotions (if this is difficult, they could try to draw how they are feeling or use photographs to identify them).
- Encourage your child to follow instructions and respect boundaries given by familiar or safe adults.
- Develop your child's hygiene skills and encourage them to dress independently
- Play games that require taking turns or sharing, e.g. ball games or board games. Encourage your child to help around the house and explain how that helps the adults.



Expressive Art & Design

- Sing lots of songs and encourage joining in.
- Give your child opportunities to experiment with arts and crafts materials freely
- Engage your child in role play with their toys.
- Encourage your child to copy dance moves and actions.
- Encourage your child to role play everyday routines and events, such as picking up and talking on the phone, preparing a meal or getting ready for bed.
- Support your child's natural curiosity by providing a range of new materials and experiences for them to explore.



- Have regular singing and music time with your child and introduce instruments such as drums or shakers to provide fun rhythms.
- Introduce colour names when engaging in art activities as well as in everyday life.

- Encourage your child to use their senses to explore the world around them by including a range of textures to investigate - try sticky foods, squares of fabric, playdough or paints.
- Act out experiences and stories with your child, using toys, props or stick puppets



to encourage them to join in. This works well for their favourite book or TV characters.

- Provide your child with a range of different types of singing, sounds and music from diverse cultures, both sung together or played on a device.
- Do some junk modelling, providing lots of recyclable materials (like cardboard boxes and plastic bottles) and joining materials like tape or even playdough. What will your child construct? Perhaps a tower or a robot!

Encourage your child to accompany action songs. They can do this with their own movements, by playing instruments or joining in with repeated phrases and words.

Make tools for printing in a variety of sizes (e.g. potato stamps, giant marshmallows or beads) and let your child explore.

Set up messy floor play areas in the bath or outside where your child can move around paints, chinks or shaving foam.

Act out experiences and stories with your child, using toys, props or stick puppets to encourage them to join in. This works well for their favourite book or TV characters.



Understanding the World



- Give your child opportunities to explore using all their senses.

- Introduce your child to diverse people and places.

- Explore nature through walks and other activities.

- Let your child play with objects made from a variety of different materials (e.g. wood, paper, metal, fabric, foam)

- Take your child out and about regularly for a change of scene and for the chance to find out more about other people and places

- Play a game of hide and find with familiar objects to help sharpen your child's observation skills.



- Introduce your child to a wide variety of people, promoting diversity and showcasing differences and similarities in a positive way

- Let your child observe you as you plant seeds or tend to growing plants and let them join in where able.

Set up messy play time regularly with things like playdough, shaving foam or water.

- Let your child observe you as you plant seeds or tend to growing plants and let them join in where able.



- Narrate the world around you as you walk out and about and ask simple questions

- Give simple, age appropriate puzzles to your child.

- When your child shows particular interest in certain toys or books, try to incorporate them into other day-to-day activities, e.g. walks or messy play



- Give your child lots of opportunities to explore the natural world, such as splashing in puddles, visiting woods or beaches or collecting pebbles, sticks and shells.

- Encourage your child to respect living things, including animals and insects, e.g. handle a ladybird with care and then return it to a leaf.

