

Children must approach opportunities with curiosity, energy and enthusiasm. Effective learning must be meaningful, so that they are able to use what they have learned and apply it in new situations. These abilities and attitudes will support them to learn and make good progress in all the Areas of Learning and Development. By involving your child in everyday tasks, sharing ideas, talking and joining in with their play you will be supporting your child to get the best start in their education and learning.

Useful links

CBeebies— <https://www.bbc.co.uk/cbeebies>

EasyPeasy— <https://www.easypeasyapp.com>

Tiny Happy People—<https://www.bbc.co.uk/tiny-happy-people>

Hungry Little Minds— <https://www.literacytrust.org.uk/communities/hungry-little-minds/>

The recommended time for children under 5 years old to have screen time (tablets, phones etc.) is for **no more than 1 hour per day**.



A guide to support your child's learning at home.

Parents play a crucial role in supporting their children's learning . By supporting your child's learning in the home environment, you can influence your child's development and achievement.



Learning and development is central to a child's progress in the early years.

The Characteristics of Effective Learning and the Prime and Specific Areas of Learning and Development are all inter-connected and are core aspects of early child development.



Characteristics of Effective Learning

The ways in which the child engages with other people and their environment; playing and exploring, active learning, and creating and thinking critically, underpin learning and development across all areas and support the child to remain an effective and motivated learner.

The Prime Areas of Learning and Development

The Prime areas, **Personal, social and emotional development (PSED)**, **Communication and language (CL)**, and **Physical development (PD)** are time-sensitive because of biological factors that enable rapid brain connections, particularly in the first three years of life but continuing throughout early childhood. Developmental steps missed at this early crucial stage are much harder to address later on, so it is crucial that children's interactions and experiences in the first few years support development in these fundamental areas.

The specific Areas of Learning and Development

The Specific areas, **Literacy**, **Mathematics**, **Understanding the world**, and **Expressive arts and design**, are not time-sensitive in terms of the brain's biological responsiveness to experiences. The specific areas of learning and development provide babies and children with the knowledge and skills to flourish in society.

How to support your child's learning at home.

- **Read Together**
Literacy is a fundamental part of education and reading on a daily basis greatly helps your child in all areas of learning. Reading is also a great opportunity to wind down and relax in between other activities.
- **Play dough**
Playdough can help develop fine motor skills that will support writing. The acts of squeezing, rolling, flattening, stretching and poking help your child develop the muscles in their hands.
- **Imaginative play**
Imaginative play is a great way to get children to express their creativity and have a certain level of autonomy over their play time. You could create a scene for you and your child to do imaginative play such as setting up a shop with tins and packets from your cupboard and writing out a price tag for each. You could even get the whole family involved to be the customers.
- **Singing and dancing**
Music is good for the soul, and this applies to children too. Nursery rhymes are really good for this as they have lots of action.
- **Cooking together**
Cooking engages all of the senses – seeing, hearing, smelling, touching, and tasting. Cooking with young children provides them with fabulous sensory input and is really important for brain development. Cooking with your child can be lots of fun and relatively stress free with a little preparation.
- **Keeping active**
Physical activity is a great way to keep a healthy body and mind and children should ideally engage in some form of exercise every day. Physical activity builds strong bones and muscles, helps to control weight and improves mood and sleep quality. This can be done in a number of imaginative ways, such as taking a short walk, playing and dancing.
- **Gardening**
If you're lucky enough to have your own garden space, let your child do some digging and planting. You could create a part of the garden which is just for them to create a mud kitchen.
- **Replicate activities**
Repeating activities or tasks your child has carried out at nursery can help to reinforce the things they have learnt.