

SUPPORTING YOUR CHILD IN RECEPTION



Helping them achieve Early Learning Goals

Welcome to Reception! This is an exciting year for your child as they begin their school journey. This guide offers practical advice on how you can support your child's learning and development at home, helping them achieve the Early Learning Goals (ELGs).

What are Early Learning Goals?

ELGs are the knowledge, skills, and understanding children should have acquired by the end of the Reception year. They cover all areas of learning and development, including:

- **Communication and Language:** Listening, understanding, and speaking.
- **Personal, Social and Emotional Development:** Building relationships, managing feelings, and self-confidence.
- **Physical Development:** Moving and handling, health and self-care.
- **Literacy:** Reading and writing.
- **Mathematics:** Numbers and shape, space and measures.
- **Understanding the World:** People, culture and communities; the natural world.
- **Expressive Arts and Design:** Creating with materials and being imaginative.

How Can You Help at Home?

Communication and Language

- Talk to your child.
- Read together daily.
- Sing songs and rhymes.
- Play listening games.

Engage in conversations with your child about their day, stories you read, or things you see around you.

Encourage them to express themselves and ask questions. Reading aloud introduces new vocabulary and fosters a love of books. Even a few minutes each day can make a big difference. Songs and rhymes help

develop phonological awareness, which is crucial for reading. Play games like 'I Spy' or Simon Says to enhance listening skills.

Personal, Social and Emotional Development

- Encourage independence.
- Praise effort and resilience.
- Talk about feelings.

Allow your child to do things for themselves, like dressing or tidying up. This builds confidence and self-esteem. Focus on praising their effort rather than just the outcome. Help them understand that it's okay to make mistakes and that learning takes time. Help your child identify and express their emotions. This can help them manage their feelings in a healthy way.

Physical Development

- Encourage active play.
- Provide opportunities for fine motor skills.
- Practise dressing and undressing.

Ensure your child gets plenty of opportunities to run, jump, and play outdoors. This helps develop gross motor skills. Activities like drawing, painting, and playing with building blocks enhance fine motor skills. Practice dressing and undressing to build their independence and fine motor skills.

Literacy

- Make reading fun.
- Practice letter sounds.
- Encourage writing.

Visit the library regularly and choose books together that your child enjoys. Play phonics games and practice saying the sounds that letters make. Encourage your child to draw, scribble, and write, even if it's just their name. Focus on the process, not perfection.

Mathematics

- Count everyday objects.
- Play shape games.
- Talk about sizes and measures.

Count items while tidying up, setting the table, or walking to school. Identify shapes in your environment, such as squares, circles, and triangles. Use mathematical language when talking about sizes, weights, and amounts, such as 'big', 'small', 'heavy', and 'full'.

Understanding the World

- Explore nature.
- Talk about different cultures.
- Visit museums and

Go for walks in the park or countryside and talk about the plants, animals, and weather. Read books or watch documentaries about different cultures and traditions. Visit local museums and historical sites to learn about the world around you.

historical sites.

Expressive Arts and Design

- Provide art materials.
- Encourage imaginative play.
- Listen to music and dance.

Offer your child a variety of art materials, such as paints, crayons, and clay, to express their creativity. Encourage them to make up stories and act them out. Listen to different types of music and encourage your child to dance and move to the rhythm.

Useful Resources

- Early Years Foundation Stage (EYFS) framework
- Hungry Little Minds
- National Literacy Trust
- Oxford Owl

By working together, we can ensure your child has a happy and successful year in Reception! Don't hesitate to reach out to your child's teacher with any questions or concerns.