

SUPPORTING YOUR CHILD'S DEVELOPMENT

A guide for Nursery parents



Welcome, parents! This guide offers simple and fun activities you can do at home to support your child's development in key areas, mirroring the learning environment of nursery.

Communication and Language

- **Reading together:** Share books with colourful pictures. Reading aloud introduces new words and concepts. Make it interactive by asking questions about the story and pictures. Encourage your child to join in with familiar words and phrases. Singing songs can also aid language development through rhythm and repetition.
- **Singing:** Nursery rhymes and action songs.
- **Talking:** Describe what you're doing throughout the day. Talking about your daily routines provides opportunities for your child to learn new vocabulary and understand the world around them.

Physical Development

- **Outdoor play:** Running, jumping, and climbing. Physical activity is essential for developing gross motor skills and coordination. Ensure your child has opportunities for active play daily.
- **Fine motor skills:** Playing with playdough, drawing, and building blocks. Activities like playing with playdough and drawing help develop fine motor skills, which are important for handwriting and other tasks.
- **Dancing:** Encourage free movement to music. Put on some music and have a dance party! This is a fun way to get exercise and express creativity.

Personal, Social and Emotional Development

- **Role-play:** Pretend play with dolls or toys. Role-playing helps children understand different perspectives and develop social skills.
- **Sharing:** Encourage sharing toys and taking turns. Encourage sharing and taking turns to foster cooperation and empathy.
- **Praise:** Offer encouragement and positive reinforcement. Praise and encouragement build confidence and self-esteem. Acknowledge effort and progress, not just achievements.

Literacy

- **Letter sounds:** Play phonics games. Introducing letter sounds through fun games makes learning engaging.
- **Name recognition:** Help them recognize their name. Help your child recognize their name by displaying it on their belongings and pointing it out in books.
- **Drawing:** Provide materials for drawing and mark-making. Drawing and mark-making are early forms of writing. Encourage your child to experiment with different materials.

Mathematics

- **Counting:** Count everyday objects. Incorporate counting into daily routines, such as counting stairs or toys.
- **Shapes:** Identify shapes in the environment. Point out shapes in your surroundings and encourage your child to name them.
- **Sorting:** Sort toys by color or size. Sorting activities help develop logical thinking and problem-solving skills.

Remember, every child develops at their own pace. The most important thing is to create a supportive and stimulating environment where they feel loved and encouraged to explore.

Useful Resources

- [Early Years Foundation Stage \(EYFS\) Framework](#)
- [Hungry Little Minds](#)
- [National Literacy Trust](#)

By engaging in these activities, you're not just helping your child reach their developmental milestones, but also creating precious memories together. Enjoy this special time!