

Support your child with Personal, Social, Emotional Development

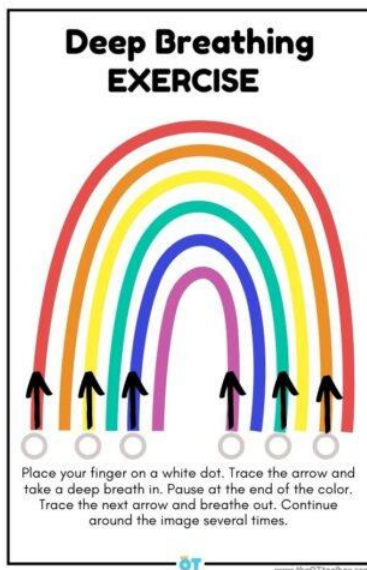
Explore conflicts in play and play out 'kind' scenarios. Explore what being kind looks like.

Use key words such as happy, sad, and angry to regularly to check in with your child's emotions. Use story times to discuss emotions, linking it to how the characters are feeling.

Practise regulation of emotions with your child and find strategies which they like. E.g rainbow breathing, fidget toy, worry monster.

Talk with your child about keeping safe with technology/online.

Encourage your child to keep healthy! Talk regularly about healthy choices and the importance of teeth brushing and sleep. Use songs on Youtube to encourage this.



Being Safe Online

- Only use a computer when an adult is nearby.
- Tell an adult straight away if you see something that upsets you.
- Never talk to anyone online without an adult with you.
- Never send anyone your picture.
- Never tell anyone personal information about yourself, like your address or school name.
- Never tell anyone your password.

The image is a poster titled 'Being Safe Online'. It features an illustration of a child sitting at a computer desk and a tablet displaying a skull and crossbones symbol. Below the illustration is a list of six safety rules, each preceded by a mouse cursor icon.

Support your child with Personal Development (Gross and Fine motor skills and personal hygiene)

Encourage lots of outdoor play – allowing them to explore their natural environment.

Create space for large mark making e.g., chalk on the floor.

Set up small activities to encourage fine motor development such as threading beads, playdough, using play tweezers, and block play.

Let them explore freely with drawing and mark making with a range of resources such as paints, crayons, felts, and chalks.

Model and encourage regular hand washing during the day – talking about the importance of hand hygiene.

Discuss healthy choices when out shopping or during mealtimes.

Encourage independence during daily tasks such as using the toilet, getting dressed and brushing teeth.



Support your child with Communication and Language Skills

Read stories to them daily, adding in time for discussions about pictures and text.

Use 2 and 3 step instructions to encourage good listening and understanding.

Sing daily nursery rhymes, encouraging them to join and add actions.

Play alongside your child, narrating their play to expose them to new vocabulary.

Ask open ended questions during play and routines to encourage speaking skills.

Model longer sentences using words such as 'because' 'or' and 'and'.

Correct and model the use of future and past tense.

Give constant opportunities to talk.

