



Stanhope Primary School

How can I support my child in Early Years

Everyday activities which children share with parents or other members of the family can provide valuable experiences to help young children.

- Count the stairs when going to bed.
- Spend time together sharing a story and looking at the pictures.
- Sing songs or nursery rhymes, dance to music on the TV or radio.
- Work together on a jigsaw or simple turn taking board games.
- Encourage your child to help with everyday jobs around the home. Matching socks is always a good one.
- Encourage help with shopping tasks e.g. how many apples do we need?
- Encourage your child to dress and undress, put on their own coat.
- Watch TV together, especially programmes for younger children. Talk about the programme. Cbeebies and Numberblocks are always favourites.
- Give children the opportunity to draw pictures and make marks using a variety of materials, let them tell you about their drawings. Chalks, painting on the ground with water are some of our favourite activities.
- When out walking look for numbers on the front doors or the numbers on the bus, the colours of the cars in the car park and shop names on carrier bags.

- Use soft toys to set up a zoo or host a teddy bear's picnic.
- Set up a shop with tins and packets from your cupboard and write out a price tag for each item. Use spare change and a pot so children can count any money handed to them and (if they are a little older) they can try to work out how much change they must give back. You can get the whole family involved as customers.
- Introduce your child to cooking. Help them feel the ingredients with their hands. You can measure the ingredients needed for the recipe. This way they are learning measuring and numeracy.
- Children love to mix and stir so be sure to include mixing and stirring in the cooking experience. There will be a mess, but this is part of the process too. Get them to help you to clean up.
- 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.

Above all keep it fun and enjoyable!