

How to support your child's learning at home

Nursery Autumn Term



It has been a wonderful start to the year! The children have settled beautifully into Nursery and are already learning so much through play. Here are some simple, fun ideas you can try at home to support your child's development.

COMMUNICATION AND LANGUAGE

Focus: Listening, understanding, and talking confidently.

- Talk to your child about what you're doing during everyday routines (cooking, shopping, getting dressed).
- Read picture books together – ask questions like “What can you see?” and “What do you think will happen next?”
- Sing favourite songs and nursery rhymes regularly.
- Play listening games such as “Simon Says” or “Guess the Sound”.

PHYSICAL DEVELOPMENT

Focus: Building coordination, control, and independence.

- Encourage outdoor play – running, jumping, climbing, balancing.
- Use playdough, threading beads, or clothes pegs to strengthen little fingers.
- Practise using a spoon, fork, or knife safely.
- Support your child to dress and undress independently.
- Have fun dancing to music together!

PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT

• Focus: Building confidence, independence, and friendships.

- Give small responsibilities (tidying toys, helping set the table).
- Talk about feelings – “What made you happy today?” “What made you feel sad?”
- Encourage turn-taking through games.
- Praise effort and trying hard, not just getting it right!

UNDERSTANDING THE WORLD

• Focus: Exploring the world, people, and technology.

- Go on a nature walk – look for signs of Autumn (leaves changing, conkers, acorns).
- Talk about family members and special times together.
- Look at the sky – discuss the weather, moon, or stars.
- Explore technology safely (listening to songs or stories).

MATHS

• Focus: Counting, recognising numbers, and exploring shapes.

- Count steps as you walk or stairs as you climb.
- Sing counting songs like “Five Little Ducks” or “Ten Green Bottles.”
- Talk about shapes you see around you – circles, squares, triangles.
- Sort toys by colour, size, or shape.
- Use words like big, small, more, less, and in front of.

EXPRESSIVE ARTS AND DESIGN

• Focus: Using imagination and exploring creativity.

- Provide materials to draw, paint, stick, or build.
- Make simple instruments from recycled items and explore rhythm.
- Dance and move to different kinds of music.
- Encourage pretend play – “playing shops,” “cooking dinner,” or “looking after a baby.”

LITERACY

• Focus: Enjoying stories, recognising names and sounds, and making marks.

- Share a bedtime story every night – children love hearing the same book again and again!
- Encourage mark-making using crayons, chalk, or even a stick in sand or mud.
- Help your child to recognise their name (on their coat peg, cup, etc.).
- Spot letters in signs or labels while out and about.
- Say and listen for first sounds in words (e.g., “s” for “sun”).