



# How to help your child EYFS

Supporting your child's development during their time in the EYFS is crucial for building a strong foundation for their future learning.

Here are some tips for parents and carers to help your child thrive during this important stage:

## Encourage Play-Based Learning

*Provide opportunities for imaginative play*

- Role-playing as a shopkeeper, chef, or superhero encourages creativity and problem-solving skills.

*Offer open-ended toys*

- Blocks, play dough, and construction toys help develop fine motor skills, spatial awareness, and creativity.

*Join in their play*

- Playing together helps to build strong bonds and can give insight into their interests and learning needs.

## Promote a Love of Reading

*Read daily*

- Make story-time part of your daily routine. It helps develop language skills, vocabulary, and imagination.

*Ask questions about the story*

- Encourage your child to talk about what's happening in the book to build comprehension.

*Visit the library*

- Make reading exciting by exploring new books together.



## **Develop Independence**

### *Encourage self-help skills*

- Teach your child to dress themselves, wash hands, and tidy up toys. These life skills help them gain confidence and independence.

### *Support them to try new things*

- Whether it's a new activity or trying different foods, helping your child develop a 'can-do' attitude is key.

## **Enhance Communication and Language**

### *Talk and listen*

- Engage in conversations with your child, listening to their thoughts and encouraging them to express themselves clearly.

### *Sing songs and rhymes*

- Nursery rhymes are great for building vocabulary and language patterns.

### *Play word games*

- Games like "I Spy" help develop phonics awareness and early literacy skills.

## **Foster Physical Development**

### *Get moving*

- Encourage physical activities such as running, jumping, climbing, and balancing to help develop gross motor skills.

### *Fine motor skills*

- Activities like threading beads, playing with dough, or drawing help strengthen hand muscles, preparing them for writing.

## **Support Early Maths Skills**

### *Use numbers in everyday life*

- Count objects, steps, or ingredients while cooking to make numbers fun and practical.

### *Talk about shapes and patterns*

- Spot different shapes in the environment and discuss patterns in clothing or decorations.

### *Play board games*

- Games with dice or counting help reinforce number recognition and simple addition.

## Build Social Skills

*Encourage sharing and taking turns*

- Play games that require turn-taking and share toys with friends or siblings.

*Model good manners*

- Use 'please' and 'thank you' to teach your child about polite communication.

*Support emotional development*

- Help your child name and understand their emotions and practice strategies for managing frustration.

## Create a Routine

*Consistent routines*

- Regular mealtimes, bedtimes, and playtimes provide stability, helping your child feel secure.

*Prepare for school transitions*

- Talk to your child about their day at school and help them understand what to expect.

## Promote Curiosity and Exploration

*Encourage questions*

- When your child asks questions, give them the opportunity to explore answers through hands-on activities.

*Go on nature walks*

- Explore the outdoors, looking at plants, animals, and the changing seasons to spark curiosity about the world.

## Celebrate Achievements

*Praise efforts, not just outcomes*

- Recognise your child's hard work and perseverance, fostering resilience and a growth mindset.

*Celebrate milestones*

- Whether it's writing their name or learning to zip their coat, celebrate each step in their learning journey.

