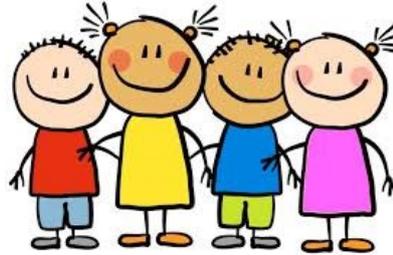




# Welcome to Reception



**At Thomas A 'Becket Infant School**



## Helping your child in the Early Years



**A guide for parents to understand the Early Years Foundation Stage Curriculum and ways to support their child at home.**

# Helping your child settle into Reception



There are lots of things you can do to help your child settle in to school life, here are some top tips!

- Make sure your child has a drinks bottle with water only (named).
- Ensure your child has a pair of wellies for our outside learning environment/Forest School and a set of waterproofs (trousers and jacket preferably)
- Check your child's PE day as they need to come to school in their P.E kit on their designated day.
- Bring in their bookbag in daily.
- Your child may feel anxious if having to wait for the doors to open in the morning so please try to arrive during your staggered time for morning drop off and pick up time.
- Please name everything!
- Encourage independent dressing at home especially jumpers, coats and gloves!
- Encourage your child to wash their hands after going to the toilet and flushing.
- Be positive on those tricky mornings when your child is reluctant to come into school. We know this can be tricky. If you would like any advice with this please speak to your teacher who will be more than willing to help.
- Although we know this is hard, once you have said goodbye to your child at the door, please leave promptly as this will ensure your child's settles more quickly. We will always contact you to reassure you if your child has been upset coming into school. Please be reassured that for the majority of children they settle and calm very quickly.

# The Early Years Foundation Stage Framework



## Early Years Foundation Stage Framework 2021

The EYFS curriculum is split into **Prime** and **Specific** areas. The prime areas are important because they lay the foundations for children's success in all other areas of learning and for life. The specific areas provide the range of experiences and opportunities for children to broaden their knowledge and skills:

The **Prime Areas** of learning are:

- Personal, Social and Emotional Development
- Communication and Language
- Physical Development

The **Specific Areas** of learning are:

- Literacy
- Mathematics
- Understanding the World
- Expressive Arts and Design.

At the end of the Reception year, pupils are benchmarked against the Early Learning Goals for each area. Attainment is described as either: **emerging** (working below the expected level) or **expected** (working at the expected level) and these are reported to parents in the end-of-year written report. This is a change from previous years as, under the new EYFS framework, **exceeding** (working above the expected level) has been removed.

# Characteristics of Learning



The characteristics are observed by staff demonstrate how children do things. Three characteristics of effective teaching and learning are:

**Playing and Exploring** – children investigate and experience things, and ‘have a go’ .

- Investigating
- Trying new things
- Making links in their learning



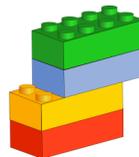
**Active learning** – children concentrate and keep on trying if they encounter difficulties, and they enjoy achievements.

- Perseverance
- Predicting what will happen
- Bouncing back when things are tricky



**Creating and Thinking Critically** – children have and develop their own ideas, make links between ideas, and develop strategies for doing things.

- Solving problems
- Make links between their ideas
- Concentrate for a period of time



# Personal, Social and Emotional Development



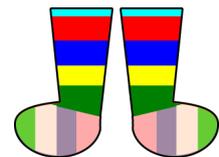
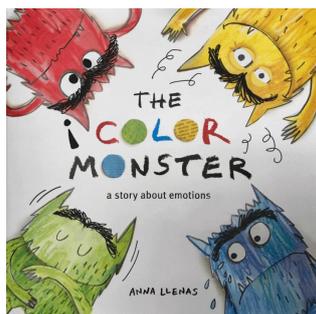
Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary.

The EYFS Framework 2021



## What Can I do to support my child at home?

- Talk about the different feelings we all have, happy, sad, angry e.g. it's ok to feel upset but not to hit.
- Read the Colour Monster book to help your child relate to their feelings and the feelings of others.
- Create a calm space in your home, this could be a tent or a den where your child can go to calm down if they are feeling angry or frustrated.
- Have a basket of fidget/sensory toys to help your child to calm down.
- Encourage your child to dress and undress at home, put on their own shoes, socks and coat.
- Encourage your child to wash their hands and flush the toilet.
- Make sure you have a good bedtime routine.
- Give your child lots of opportunities to make healthy snacks at home, choosing fruit for a salad or making a shopping list of healthy foods to buy



# Communication and Language

The development of children's spoken language underpins all seven areas of learning and development. Children's back-and-forth interactions from an early age form the foundations for language and cognitive development. The number and quality of the conversations they have with adults and peers throughout the day in a language-rich environment is crucial. By commenting on what children are interested in or doing, and echoing back what they say with new vocabulary added, practitioners will build children's language effectively. Reading frequently to children, and engaging them actively in stories, non-fiction, rhymes and poems, and then providing them with extensive opportunities to use and embed new words in a range of contexts, will give children the opportunity to thrive.

The EYFS Framework 2021

## What can I do at home to support my child?

Here are some top tips for helping your child with speaking and listening

Here are ideas for games and activities you can do with your child to develop their speaking and listening skills. Good speaking and listening skills will help your child do well at school as well as at home!



## Speaking and Listening



- Join in pretend play with your child. Play alongside them and let them take the lead. Listen and talk about what they are saying and doing rather than asking lots of questions.
- Give longer instructions for them to follow.
- Play around with words and sounds, e.g. think of words that begin with the same sound.
- Get your child to think of words that belong to the same category, for example, as many different animals as you can think of.
- Make up a story together; think of a character, where do they live, where do they go, what do they do, are there any mishaps, and what happens at the end?
- Playing board games with your child that involve taking turns helps them to listen.
- Introduce new words and phrases to help them continue learning. Think of lots of different words that mean a similar thing e.g. words that mean big.
- Play around with rhyme e.g. cat, fat, hat splat....any more? This is an important skill for reading.
- Children may need time 'think time' before responding to questions and instructions.



# Physical Development



Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility.

The EYFS Framework 2021

## What can I do at home to support my child?

Here are some top tips for supporting your child's fine motor control and strengthening pencil grip.



## Fine Motor Development



- Use pegs and peg boards
- Make hedgehogs out of plasticine and playdough (pinch out the spikes)
- Threading (beads/pasta necklaces etc.)
- Using Lego/Duplo to make walls/bridges/houses/cars etc.
- Tracing using a range of pencils, felt tips and even paint!
- Chalking
- Paint using different size brushes and hands or finger painting
- Cutting/ripping
- Putting pegs on a washing line
- Rolling plasticine/playdough into sausages then roll up to make a spiral or a snail!

## Gross Motor Development

- Rolling, crawling, jumping (2 feet to 2 feet), hopping, skipping, climbing
- Create opportunities to dance, swim and do sports and gymnastics
- Tug of war with rope!
- Jumping jacks/balancing on one leg
- Tap your knees with both hands/touch your head with both hands
- Hopscotch
- Obstacle courses
- Try 'Jack Hartman move and freeze' on YouTube



# Literacy



It is crucial for children to develop a life-long love of reading. Reading consists of two dimensions: language comprehension and word reading. Language comprehension (necessary for both reading and writing) starts from birth. It only develops when adults talk with children about the world around them and the books (stories and non-fiction) they read with them. Enjoy reading rhymes, poems and songs together. Skilled word reading, taught later, involves both the speedy working out of the pronunciation of unfamiliar printed words (decoding) and the speedy recognition of familiar printed words. Writing involves transcription (spelling and handwriting) and composition (articulating ideas and structuring them in speech, before writing).  
The EYFS Framework 2021

## How can I support my child at home?

Top tips for helping your child develop reading skills. Remember reading is all about a love of all different types of books and being read to is just as important as reading! The book your child chooses at school is a shared book so enjoy it together.

## Sharing Books and reading



- Read to your child lots!
- Join the library (there are many different resources to take out as well as books).
- Make up stories and retell stories! Make up silly rhymes and poems.
- What words rhyme with cat? Dog?
- Share comics/magazines/newspapers and cut out your favourite characters to write about.
- Make books; use paper clips, treasury tags and a stapler.
- Listen to your child read. What do they think will happen next? Why?
- Role play by acting out a story. You could even use puppets! Make puppets!
- Try to let your child see you reading books.
- Try reading a poems and talking about what you think they mean.
- Use expression when you read to your child. Be brave and change your voice!
- Pick out letter shapes that they know in words. What sound does that letter make? Can we find any tricky words?
- Write in your child's reading diary to keep your teacher up to date with their progress.



# Phonics/letter sounds



Top tips for helping your child develop phonic skills

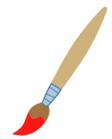
- Recognise the letters in their name and the sounds those letters make.
- Recognise their written name.
- Spot the sounds or words they have learnt, in words around their environment.
- Find words that rhyme in books.
- Play with puzzles and phonic games.
- Clap out names or words to begin to recognise that a word is made up of different parts and sounds.
- Go on a sound (phoneme) walk. Play I spy.
- Practise the skills of segmenting (splitting the word into it's individual sounds) and blending (sliding the sounds together) in a short word using the sounds they have been taught.



## Writing



Top tips for helping your child to see themselves as a writer and become an independent writer. Children must have a good grip on their pencil when they are writing. This may take some time until they find a comfortable grip. Until children are ready, keep working on fine motor development to strengthen their grip.



- Trace over their name.
- Practise writing their name with/pencils/felt tips/chalks/playdough letters.
- Rainbow name writing.
- Colouring will help develop fine motor control.
- Cutting/tearing paper/making a collage
- Cut out your favourite things in a magazine.
- Handwriting practise of the sounds they have learnt in school this week. Sing the song and remember to start your letter from the right place.
- Write for a purpose; make a shopping list, write a letter to Santa, write birthday invites.
- Make a class register of all the children they know in their class.
- Draw around stencils.
- Think of sounds they can hear at the beginning, middle and end of a word when they write.

# Mathematics

Developing a strong grounding in number is essential so that all children develop the necessary building blocks to excel mathematically. Children should be able to count confidently, develop a deep understanding of the numbers to 10, the relationships between them and the patterns within those numbers. By providing frequent and varied opportunities to build and apply this understanding - such as using manipulatives, including small pebbles and tens frames for organising and counting - children will develop a secure base of knowledge and vocabulary from which mastery of mathematics is built. In addition, it is important that the curriculum includes rich opportunities for children to develop their spatial reasoning skills across all areas of mathematics including shape, space and measures. The EYFS Framework 2021



## Numbers all around us

### How can I support my child at home?

Being able to count accurately is an important skill. Help your child to count by practising using a real life context, e.g. counting the food on their plate, how many apples are in the fruit bowl? Start with objects up to 5 then onto 10. Encourage your child to point to and touch each object as they count (this is called 1 to 1 correspondence). Here are some top tips:

- Sing counting songs and number rhymes.
- Read stories that involve counting.
- Play counting games, 12345 once I caught a fish alive...
- Play games; snakes and ladders, snap (matching numbers and pairs).
- Count out loud.
- Count your fingers and toes.
- Find numbers on a calendar, talk about the days of the week, months of the year. How many sleeps until my birthday?
- Let children help cook and bake by counting ingredients. Who has more cakes or sweets? Compare the amounts. Who has more or less?
- Spot numbers on houses or on car number plates when you are out and about. What number do we live at? How old is my sister? How old is my Dad? Who is older?
- Talk about 2D shapes; triangle, square, circle, rectangle. Spot them when out on a walk or in the car.
- Measuring— how tall am I? Measure your child to see how they are growing. Draw around family hands and see whose is the biggest and smallest?

# Expressive Art and Design

The development of children's artistic and cultural awareness supports their imagination and creativity. It is important that children have regular opportunities to engage with the arts, enabling them to explore and play with a wide range of media and materials. The quality and variety of what children see, hear and participate in is crucial for developing their understanding, self-expression, vocabulary and ability to communicate through the arts. The frequency, repetition and depth of their experiences are fundamental to their progress in interpreting and appreciating what they hear, respond to and observe. The EYFS Framework 2021



## How can I support my child at home?

You don't need to be creative and artistic to create the best opportunities for your child. Children have amazing imaginations that you can easily tap into. Sometimes the best creativity comes from things you find outside! Try some of these ideas:

- Painting using different brushes.
- Painting/printing; a great way to colour mix is by rubbing 2 colours together on your hands!
- Use Playdough. You can make this easily with flour, salt, food colouring and water. There are lots of easy recipes online.
- Give children a range of writing and drawing equipment including pens, felt tips, crayons and chalks.
- Dressing up; act out your favourite film or book.
- Put on a show like Britain's Got Talent!
- Make musical instruments using old toilet rolls and rice to make a shaker.
- Dancing to their favourite music.
- Go on a walk and collect things i.e. Shells to make a necklace, leaves to make a leaf hat, glitter or paint pine cones to hang them on your Christmas tree.
- Digging in the garden. Make a mud pie!



# Understanding the World



Understanding the world involves guiding children to make sense of their physical world and their community. The frequency and range of children's personal experiences increases their knowledge and sense of the world around them. From visiting parks, libraries and museums to meeting important members of society such as police officers, nurses and firefighters. In addition, listening to a broad selection of stories, non-fiction, rhymes and poems will foster their understanding of our culturally, socially, technologically and ecologically diverse world. The EYFS Framework 2021



## How can I support my child at home?

Create as many first hand experiences as you can for your child visiting different places and talking about what they can see. Why are the leaves turning brown? Why is the weather changing? What were they like as a baby? What are the different jobs that people do? How do we keep safe?



- Go on lots of different walks. Talk about the changes you can see. Collect leaves, pine cones and ice when it freezing!
- Make a den in the woods (just like Forest School).
- Find an amazing stick and turn it into a stick man or lady!
- Visit museums and art galleries.
- Talk about important people in our community. Say hello to the Lollipop man. What does he do to keep us safe?
- Celebrate and talk about special times of the year; Christmas, Easter, Birthdays, Anniversaries. Why are they important?

