

## 22 - 36 months: How can you help me with my learning?

### Personal, Social and Emotional Development

#### Making relationships

- Make dens from sheets and blankets that I can play in with you or my friends.

#### Self confidence and self awareness

- Make a box with different things in it, like glue and different types of paper, that I can choose from when I'm making a picture or model from boxes.

#### Managing feelings and behaviour

- Talk to me about the order I need to do things in, like brushing my teeth or getting ready for bed.

### Communication and Language

#### Listening and attention

- Use sock puppets or toy people or animals when you're sharing one of my favourite stories or songs with me.

#### Understanding

- When we're making a sandwich together tell me what you are doing so I know what to do.

#### Speaking

- When we're playing with things, use new words to describe what I'm doing with them or to tell me what they are called.

### Physical Development

#### Moving and handling

- Play ball games with me.
- Give me lots of ribbons that I can wave around me.
- Let me try and dress my teddy or doll with different types of clothes, like coats, jumpers and dresses, and different types of fastenings, like buttons, Velcro and zips.

#### Health and self care

- Let me help get lunch ready by cutting the cheese or bananas.



## Mathematics

### Numbers

- Make skittles with me from plastic bottles. Play games where we have to keep a score of how many skittles we've knocked down.
- Sing counting rhymes with me like "Five Little Men in a Flying Saucer" or "1,2,3,4,5 Once I Caught a Fish Alive".

### Shape, space and measure

- Let me sort the clothes so that I put all the ones with the same pattern or colour like red, spotty or stripy, together.

## Expressive Arts and Design

### Exploring and using media and materials

- Let me explore the different sounds I can make with everyday things like spoons, pots and plastic bowls.
- Make a box with paper, glue, scissors and crayons that I can use to make pictures.

### Being imaginative

- Let me dress up using grown ups' clothes, pieces of fabric, hats and bags so that I can pretend to be somebody else.

## Understanding the World

### People and communities

- Let me taste food from different countries and cultures.

### The world

- Let me explore bubbles, windmills or streamers when it's windy.
- Let me use toy cars, buses or trains to make up stories about going to the supermarket, going on holiday or going to nursery.

### Technology

- Let me press buttons on things like torches or remote control cars to see what happens.

## Literacy

### Reading

- I like to turn the pages in books – let me.
- Let me use my toys to help me tell you stories that we've shared.
- When you read me stories that I know really well, stop at different parts and let me tell you the missing word.
- Let me explore lots of books from the library or nursery with my friends and on my own.

### Writing

- Draw and paint with me and tell me what you're doing.
- When you're writing lists or filling in forms let me have my own paper or forms so that I can make my own marks.

### Resources to help:

[www.booktrust.org.uk/resources](http://www.booktrust.org.uk/resources), [www.literacytrust.org.uk/early\\_years](http://www.literacytrust.org.uk/early_years)  
[www.thecommunicationtrust.org.uk](http://www.thecommunicationtrust.org.uk), [www.readongeton.org.uk](http://www.readongeton.org.uk)



# 30 - 50 months: How can you help me with my learning?

## Personal, Social and Emotional Development

### Making relationships

- Let me build things with my friends using big cardboard boxes and pieces of fabric.

### Self confidence and self awareness

- Let me help you match the socks together.

### Managing feelings and behaviour

- Let me dress up and pretend to be a nurse, doctor, firefighter, mum or dad.
- Explain to me why I cannot do things like run around the supermarket.

## Communication and Language

### Listening and attention

- Play listening games with me like "Simon Says...." Where I have to copy an action or "Ready, Steady, Go" where I have to wait to push the ball or car.
- Make up silly sentences with me where each word begins with the same sound as at the start of my name.

### Speaking

- Talk to me about things we did or places that we went to yesterday.

### Understanding

- When I'm helping you to make the lunch, ask me questions like "What do I need to cut the apple?" or "What do I need to pour your milk / water into?" so that I can find you the thing we need.
- When we're tidying up give me simple instructions like "Put your shoes in the basket" or "Put the remote control on the sofa."



## Physical Development

### Moving and handling

- Let me practice using children's scissors to cut dough, cooked spaghetti or paper.
- Make an obstacle course in the park or garden where I have to run around benches or chairs, crawl under a blanket and crawl through a cardboard box.

### Health and self care

- Make sure I brush my teeth twice a day.

## Mathematics

### Numbers

- Make a train shed with numbers on so that I can match my trains into the shed with the same number on.
- Put numbers on a skittles game made from plastic bottles. Ask me what number was on the bottle I knocked down.

### Shape, space and measure

- Let me build from cardboard boxes or wooden bricks. Use words like "long" or "tall" to describe my model.
- Go on a shape walk inside or outside to find things which are the same like "circles" or "spheres".

## Understanding the World

### People and communities

- Take me out to different places where we live, like the fire station or the library.

### The world

- Let me explore mud, rain or snow.
- Plant seeds with me in a pot or in the garden.

### Technology

- Let me press buttons, like on the pelican crossing or the doorbell at our friend's house, to see what happens.

## Expressive Arts and Design

### Exploring and using media and materials

- Let me use my paints to mix up my own colours.

### Being imaginative

- Help me to use some of my toys to make up a story.
- Give me pieces of material to make a cape or a big cardboard box to make a spaceship when I'm pretending to be somebody else or going on an adventure.

## Literacy

### Reading

- Read signs to me when we are out and about.
- Let me read and share my books with you.
- Let me choose my own books when we go to the library.
- Set up a pretend shop where I can read the labels on the packets and boxes.
- Read a recipe to me as we're making dough.
- Borrow a story sack from nursery for us to investigate, read, and make up stories.

### Writing

- Tell me what you're writing as you write a shopping list.
- Make a name card for my bedroom door or a placemat with my name on. Let me use these to help me try to write my name by myself.

### Resources to help:

[www.booktrust.org.uk/resources](http://www.booktrust.org.uk/resources), [www.thecommunicationtrust.org.uk](http://www.thecommunicationtrust.org.uk)  
[www.literacytrust.org.uk/early\\_years](http://www.literacytrust.org.uk/early_years), [www.readongeton.org.uk](http://www.readongeton.org.uk)





## 40 - 60 months: How can you help me with my learning?

### Communication and Language

#### Listening and attention

- Play a treasure hunt game with me where I have to listen to your instructions to help me find the next "clue".

#### Understanding

- When we're sharing a story together ask me why I think something has happened or what might happen next.

#### Speaking

- When we're sharing a story ask me how I think the story might end.
- Make up silly rhymes with me where we use words that begin with the same letter or the words all rhyme, like "cat", "bat" and "hat".
- Play "I spy" with me.
- Use different voices, like loud voices or squeaky voices, when we're telling stories.

### Personal, Social and Emotional Development

#### Making relationships

- When we go to the park ask me what we can do there or what things we see growing there.

#### Self confidence and self awareness

- Let me tell you how you can help me when I'm making something.

#### Managing feelings and behaviour

- Talk to me about how to keep safe when we're going to cross the road at a pelican crossing or zebra crossing.



### Physical Development

#### Moving and handling

- Play games with me like football, basketball or throwing balls into bowls or boxes.
- Get me to thread plastic bottle tops with holes onto string or shoe laces.

#### Health and self care

- Make fruit kebabs or vegetable faces to help me try different types of fruit and vegetables.
- Dance with me when we hear our favourite songs.

## Mathematics

### Numbers

- Plan a picnic with me and let me decide how many sandwiches and bananas we will need.
- Make a number line with me using birthday cards.
- Play number snap or bingo with numbers that we've cut out of a magazine.
- Sing number songs where I have to count backwards like "Five Little Ducks" or "Ten Fat Sausages".

### Shape, space and measure

- Let me sort out the pairs of shoes so that they go from small to big.
- Let me make patterns with buttons or lids, like "big, small, big".
- Let me give you instructions for an obstacle course, like "Go under the blanket", "Go through the tunnel" and "Go behind the chair".

## Expressive Arts and Design

### Exploring and using media and materials

- Pretend stories with me like "Going on a Bear Hunt" or "Walking Through the Jungle".
- Sing and dance with me to my favourite songs.
- Give me string, scissors, sticky tape, glue and boxes to make a model, like a castle or a car.

### Being imaginative

- Let me tell you a story about what I'm doing when I'm dressing up and pretending to be a pirate or a doctor.

## Literacy

### Reading

- Do not forget I enjoy being read to and sharing books with you.
- Let me read to you and ask interesting questions about the story
- Make a puppet theatre with me from a cardboard box and puppets, cut out of comics or pictures from websites, to help me make up new stories.
- Make and play games with me that use letters or words.
- Play games where you give me an instruction like "Can you j-u-m-p?" or "Can you h-o-p?" and I have to put the sounds of the word together and show you the action.
- I have favorite books – ask me about them.

### Writing

- Make a pretend shop with me and let me write the price lists.
- Make number plates with me for my cars.
- Make a photo book of our family or when we went to the park and let me write my own words in it.

### Resources to help:

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## Understanding the World

### People and communities

- Let me help you find the things we need in the shop.
- Have a pretend party for my dolls and teddies with me.

### The world

- Make a map with me to show how we get from our house to nursery or the library.
- Draw a road for my cars or a track for my trains with me on a big piece of paper.
- Let me help you water the plants.
- Make coloured ice cubes with me and let me use them to paint with.

### Technology

- Let me listen to a story or a song on our radio, CD player, app or website.
- Let me take photos of my favourite toys, special grown ups or when we walk to the bus stop.

