

# 3 & 4-year-olds: how you can help me with my learning?

## Communication & Language

- Have conversations with me about things that I am interested in. Encourage me to keep talking by nodding, smiling and making comments.
- Introduce new words when we are playing, eating or when we are out and about. Explain what new words mean to me.
- Talk to me about things that have already happened and what might happen soon.
- Play listening games with me such as 'Simon Says'.

## Personal, Social & Emotional Development

- Give me tasks to carry out, e.g. washing my plate after snack.
- Model how you manage your own feelings, e.g. "I'm feeling a bit angry so I am going to take a deep breath." Help me to understand why I am feeling sad or frustrated.
- Make a 'calm down jar'.

## Physical Development

- Help me with dressing but let me do the last steps, e.g. pulling up my zip after you have started it off.
- Give me lots of opportunities to be active and practise running, jumping, balancing, climbing and swinging.
- Encourage me to walk, scoot or like to my nursery or childminder.

## Literacy

- Talk about stories with me, what is happening in the pictures? Give me time to think and share my ideas.
- Play around with words. Make up fun rhyming sentences with me.
- Let me help you write birthday cards and shopping lists.

## Mathematics

- Point out the number of things rather than just the names, e.g. "We have two apples!"
- Give me lots of opportunities to count for a real reason and always emphasise the last number -- "There are 3 cookies."
- Cut out a large shape from a cereal box (circle, triangle), then cut that shape into 2-4 smaller pieces to make a simple puzzle. When we're at the park, use words like 'up', 'under', and 'between' to talk about what we see.
- Make playdough with me.

## Expressive Arts & Design

- Make home-made paintbrushes using clothes pegs and items from around the house and outdoors.
- Join in pretend play with me.
- Give me a cardboard box and some fabric to build a den with.

## Understanding the World

- Help me make collections of interesting natural materials, e.g. pebbles, shells.
- Let me explore ice, once it has melted a bit (so I don't get frostbite)
- Plant seeds and bulbs with me.
- Take me to different places such as the library.



Please engage with us through the Tapestry online journal to share wow moments and special events from outside nursery. We really value your insight into how your child is learning at home. The children love reading about themselves in our NEWS book. Just click on the + in the top right hand corner of your screen in the app.

Why not share the photos we post with your children at home. This will encourage them to recall what's happened at nursery and tell you about their friends and their learning at nursery too.

## Useful Websites:

- <https://www.wharf.surrey.sch.uk/>
- <https://www.bbc.co.uk/tiny-happy-people>
- <https://www.birhtto5matters.org.uk/>
- <https://www.gov.uk/government/publications/development-matters--2>
- <https://foundationyears.org.uk/wp-content/uploads/2021/09/What-to-expect-in-the-EYFS-complete-FINAL-16.09-compressed.pdf>
- <https://foundationyears.org.uk/wp-content/uploads/2021/09/What-to-expect-in-the-EYFS-complete-FINAL-16.09-compressed.pdf>