

# Self-help and General Social Skills

## Can your child do the following? :-

- ✘ dress and undress with just a little help with difficult buttons and laces
- ✘ remove a coat and hang it up
- ✘ put on and take off shoes, recognising right and left shoes
- ✘ use the toilet correctly and clean him/herself appropriately
- ✘ wash and dry hands
- ✘ use a knife and fork
- ✘ use a tissue/handkerchief efficiently
- ✘ share toys and tidy them away
- ✘ sit and listen to others and follow instructions

# Towards Growing Independence

**a) Help and encourage your child to develop the ability to :-**

- ✧ share and discuss games and activities
- ✧ choose and work at an activity on his/her own
- ✧ understand the need for road safety and personal safety i.e. 'stranger danger'
- ✧ ask questions and make needs known

**b) Provide opportunities for your child to :-**

- ✧ play with children of the same age
- ✧ talk with adults outside the immediate family
- ✧ take responsibility for looking after personal belongings
- ✧ take responsibility for a task
- ✧ receive praise for effort and a task completed

# Physical Development

**a) Health, fitness, growth, balance and co-ordination are all encouraged by exercise and outdoor games. You will help your child by providing opportunities for him/her to :-**

- ✧ run, skip and jump
- ✧ play with bats and balls
- ✧ climb on frames, use swings and seesaws etc.

**b) Development of hand control and hand-eye co-ordination will further encourage together with pride in achievement by the following activities:-**

- ✧ jigsaws, building and construction toys
- ✧ threading and simple sewing
- ✧ using crayons, pencils plasticine, dough
- ✧ tearing, cutting, sticking, painting
- ✧ cooking activities

# Literacy Development

- ✧ encourage the development of conversation (complete sentences) taking turns at speaking and listening
- ✧ listen to what your child says – develop his/her thoughts and discuss alternative suggestions
- ✧ answer questions simply and truthfully and involve your child in finding answers to questions
- ✧ recite and sing rhymes and songs together
- ✧ play 'I spy' games use **sounds** for objects not letter names (please ask for further advice if needed)
- ✧ share books daily returning to favourite stories and introducing new ones
- ✧ talk about the pictures in books, the words, the ideas, what might happen next and encourage your child to retell what happened
- ✧ teach your child how to handle books, turning the pages, reading from left to right
- ✧ visit the library regularly
- ✧ make home-made books about events/favourite things. Add words building up to short sentences using capital letters only at the beginning of sentences. Please note we teach lower case letters before Capital letters using the Jolly Phonics programme
- ✧ Help your child to recognise his/her name
- ✧ Point out words in the environment on signs and labels

# Numeracy Development

**Many everyday activities and experiences present ways of developing an understanding of number :-**

- ✧ sorting objects of all kinds into categories – buttons – money – unpacking shopping and discussing where different sizes, colours – shapes – textures – weights
- ✧ matching eggs to egg cups – table setting
- ✧ guessing how many in a group and counting to check
- ✧ recognising numbers in the environment – house numbers – bus numbers – telephone numbers – numbers on coins

**Games and toys are an enjoyable way of helping your child to :-**

- ✧ match colours, objects and shapes
- ✧ understand 'same', 'different', 'big' and 'little'
- ✧ make sets of similar things e.g. red counters, farm animals etc.
- ✧ follow patterns and sequences
- ✧ develop memory
- ✧ look carefully and take turns
- ✧ repeat and practise activities, sit at an activity until it is finished
- ✧ accept that they can be winners and that others may be winners

# Talking about and Preparing for School

## **As well as visiting us prepare your child by :-**

- ✧ passing the school and talking about the building, adults and children
- ✧ talking about activities involving another child who comes to the school
- ✧ talking about making new friends
- ✧ choosing a lunch box that is easily managed and practise using it