EYFS Home Learning

The most important thing you can do to support and continue your child’s learning is to play with them and interact with them as often as possible. Your child is doing most of their learning through play at the moment, so I have included some ideas below that you can use to support and continue this.

* Intensive Interaction – this is a strategy that is particularly useful for pre-verbal children with less communication skills. Get down to the child’s level and close enough for them to see what you are doing. Do not speak at all. Imitate all of your child’s movements, vocalisations and actions. This is a lovely activity which can strengthen relationships, teach early communication skills and build children’s self-esteem.
* Music, songs and nursery rhymes
* Reading or telling stories – very simple stories and/or those with strong rhythm and rhyme are best. Children will need the same ones repeated over and over (long after you get bored!). Any props that you can find that fit the story will help your child to understand and engage with the story.
* Using household items to create musical instruments and explore making different sounds.
* Including children in household chores – there can be a lot of learning and fun in this, e.g. asking your child to pair socks, helping them to push a vacuum or broom or cooking with your child.
* Play with food – this is a good way of encouraging children to start eating different foods. Set out lots of type of foods, model eating some, encourage children to touch, smell, lick it as far as they are comfortable. Allow the children to explore freely, without putting any pressure on them.
* Playground games – if you are able to play outside, try classic games like chase and hide and seek.
* Rough and tumble play.
* Play games such as blowing bubbles or tickling, then pause and leave gaps for your child to request more.
* Try planting seeds such as cress and watching them grow.
* If you can get outdoors, try going on a nature hunt and see what minibeasts, flowers etc. you can find.
* Simple jigsaws and puzzles.
* Build a den with blankets and chairs.
* Sing number songs.
* Use blocks, cardboard boxes or tins (not sharp) to build and stack.
* Fill, empty and pour with different containers in the bath.
* Go for a walk and talk about what you see and hear.
* Junk modelling
* Look at family photos/videos together and talk about family members, people the children know and special occasions.
* Simple science experiments – links for ideas here:

<https://www.science-sparks.com/early-years-science-themed-activities/>

<https://www.twinkl.co.uk/resources/home-early-years/early-years-understanding-the-world/early-years-understanding-the-world-eyfs-science-experiments>

* Sensory/messy play – if your child doesn’t like to feel messy textures, try putting it in a sealed freezer bag and letting them feel and explore through the plastic. Some ideas could be:
* Water and bubbles
* Cornflour mixed with water
* Jelly
* Shaving foam
* Rice
* Oats
* Cereal
* Dry or cooked spaghetti or pasta
* Ice
* Flour
* Mud
* Dry beans and lentils
* Paint
* Cloud dough (8 units of flour + 1 unit of oil)
* Cocoa powder and flour (add some water to make play ‘hot chocolate’)
* Make playdough: 2 cups of flour, 1 cup of salt, 1 cup of water + a little under 1 cup of oil. Add food colouring, spices for scent or glitter as you choose.

Aim to create a basic daily routine and stick to it as consistently as you can, for example having mealtimes, bathtime and bedtime at a similar time each day. If possible, use photos to help your child understand what is happening now and next through the day (this can be on a phone or tablet rather than printed out).

Try not to worry if you find you aren’t doing as many activities with your child as you would like. The very most important thing for your child is having an adult who is emotionally present and not too stressed.

If you have any questions or need any further support, please do email me at l.williamswright@drumbeat.lewisham.sch.uk