

Working Together to Extend your Child's Learning at Home

As we work in partnership with parents/carers we ask that you continue to enhance your child's learning and development at home over the coming weeks through sharing and exploring some or all of the following activities, which you can enjoy together:

New items added to YouTube -

[Auntie Jen reads My Mum is Fantastic](#)

[Tooth brushing song - Blippi](#)

[I spy letter s,a,t with Auntie Rachel](#)

Activities to do:

- ☀ Read your child a story about Mummy or follow the above link to see Auntie Jen reading My Mum is Fantastic.



Nick Butterworth

- ☀ Talk about the things that they like to do best with Mummy, can they choose their favourite activity to carry out with you?
- ☀ We are learning about healthy and unhealthy foods at nursery. Find some food magazines or leaflets for your child to cut up. Encourage them to use their scissor skills to cut out pictures of a variety of foods. Talk about whether they would like to eat them or not. Talk about which are healthy and which are unhealthy. Can they use some glue to stick them onto paper under the headings Healthy Foods and Unhealthy Foods?

☀️ Follow the above link to watch the Blippi Two Minute Tooth Brushing song. Support your child as they brush, talking about correct methods and good dental hygiene. Teach them that foods with lots of sugar in are bad for their teeth and they should brush them soon after eating sugary snacks.

- ☀️ Look at the food packaging in your cupboard. Have any of them got the traffic light coding system on the side (the red, amber and green coding to inform you if they have low levels of fat/salt/sugar or high levels)? Explain to them that green is good for you and the red ones are not so good and should only be eaten in small amounts. Using the colours, can your child sort items into healthy and unhealthy foods?

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

☀️ Create an obstacle course either indoors or outdoors. Use hoops to jump through, cones or such like for them to meander through, bean bags to throw into a target, chairs to crawl under and over and then sprint to the finish line.



☀ Watch the above link to Auntie Rachel's phonics activity. Over the last few weeks, we have been learning about letter s, a, t, p, i. Play I spy including all of those sounds to reinforce your child's knowledge.

☀ We are carrying out lots of activities involving musical instruments this week. If you have any instruments, encourage your child to explore them, if not create a drumkit out of items you may have around the house, like saucepans, lids and plastic bowls with wooden spoons for drumsticks. Initially allow them to freely explore, then to follow instruction to play then stop, use your hand as a sign to reinforce the stop. Then encourage loud and quiet playing and fast and slow. You could even encourage them to play to express feelings, how would the music sound if you were happy, sad, angry, excited?



☀ Play alongside your child at an activity of their own choosing. As they play use the commenting approach (see below link) to give a running commentary of what they are doing. Continue to try to carry out the commenting approach with your child for approximately 10 minutes daily.

[An introduction to using the commenting approach with your child](#)

Below are some useful links that you may wish to browse to find other ideas for activities!

- ❖ [Better Health Start for Life - tips on helping your child to talk](#)
- ❖ [Activities for babies, toddlers and children - BBC Tiny Happy People](#)
- ❖ [Family Zone | National Literacy Trust](#)
- ❖ [Black Country Early Outcomes | Activities for under 5s](#)

[Activities for kids: Fun development and bonding ideas for babies, toddlers and pre-school children](#)