

## Ideas for Parents & Carers of Nursery Children

Read, read, read and read some more! Remember *there is no ap to replace your lap* and those cosy times when you and your child look at books, is not just a lovely bonding activity it has numerous benefits. Stories have so much to offer; they develop listening and communication skills, improve concentration and memory, bring experiences alive, create a sense of wonder and help sequence events. They can also provide information, widen vocabulary and make important links between the spoken and written word, as well as stimulating an interest and enjoyment of books.

Encourage independence; Dressing and undressing, buttons, zips, velcro you could even give tying laces a go! Pouring from a jug, eating with a knife and fork, helping prepare food and drinks. If your child is still in nappies, now is the perfect time to give toilet training a try, there are plenty of helpful tips at <https://www.eric.org.uk/pages/category/potty-training>.

Get moving; Children have busy bodies, to help them burn off some energy you can dance, do yoga exercises, sing action rhymes and songs, play hide and seek, tag and chase games Register with Go Noodle for lots of great ideas and activities. We especially love to dance along to "I Gotta Feeling" We have practiced this so many times, all your children should have these moves down!

<https://app.gonoodle.com/activities/i-gotta-feeling>

<https://www.youtube.com/user/CosmicKidsYoga> Great videos to follow along, some are a few minutes, others up to an hour. They include simple stories with yoga poses, there is also Zen Den to encourage calm, mindfulness and Peace Out, a lovely bedtime wind down.

<https://hungrylittleminds.campaign.gov.uk/> Simple and fun activities for the under 5's

<https://www.foundationyears.org.uk/wp-content/uploads/2018/11/what-to-expect-when-1.pdf> A copy of What to Expect When? Guidance for parents that details children's learning & development from birth to Five. This is very similar to the guidance we use to plan and assess children's progress and stages of development, Development Matters in the EYFS

<https://www.foundationyears.org.uk/files/2012/03/Development-Matters-FINAL-PRINT-AMENDED.pdf>