



At Oasis Academy Harpur Mount we encourage the children to be very independent, here are some activities you can do at home to give your child a head start.

PSED

Here are some ideas to help with your child's personal, social and emotional development.

Sharing and taking turns is very important, you can help your child to develop this skill by sharing food or objects i.e. "one for me, one for you", taking turns with a toy, after a while see if they will give it to you, say "my turn now" and hold your hand out.

Please encourage your child to be independent wherever possible. For example going to the toilet by themselves, can they pull their own clothes and underwear down, get toilet roll etc? Give them time to do this, help only when needed. When finished always encourage your child to wash their hands, you might have to show them and get them to copy you, talk about what you are doing i.e. turn the tap on, wet your hands etc.

Practise taking off and putting on a jumper or cardigan, also putting their own coat on. Try buttons and zips. Support your child if needed but always encourage them to have a go first.

At mealtimes the children need to know how to feed themselves, show them how to hold and use a knife, fork, spoon and drink from a cup.

Physical Development

Physical Development is very important in helping to develop your child's muscles; this will impact on their ability to do lots of things.

To make hand muscles stronger encourage picking up small things, collecting stones/leaves outside, sweets off a table, marbles into a bowl etc.

Using a climbing frame, riding a bike or jumping on a trampoline will help to develop their muscles in their arms and legs.

Encourage lots of mark making in different ways, such as drawing with chalk, paint, brushes and fingers, felts, crayons etc. Ensure your child moves their tool in different ways, i.e. moving up and down, side to side and round. You can do it with them to start with by holding their hand, and then get them to copy you but always say the words as you are doing the action.





Completing jigsaws will help their muscle development and promote patience and awareness of shape and space, encourage them to turn the pieces until they fit.

Dancing is a great way to strengthen muscles and develop coordination, encourage your child to move in lots of different ways and have a good time! You need to join in too to show them!

Communication and Language/Literacy

Speaking and listening is vital to your child's development as it underpins all areas of learning.

Talk to your child as much as you can, they are learning by listening to everything you say so the more you say, the more they will learn. Please use your home language when talking to your child. When asking your child to do something, make sure that they have understood, you can also test their understanding by giving simple instructions such as can you pass me the blue car? Use lots repetition, for example you say something and then ask your child "can you say it? ".

Singing nursery rhymes is an excellent way to encourage speaking and listening as well as learning letter and number skills. Please ensure that you sing along with your child and encourage actions wherever possible.

Share books with your child, encourage them to turn the pages, hold the book the correct way and talk about the pictures. Different children may like to read in different places for example we find that boys like to share books outside in tents.

Mathematics

There are lots of everyday activities that will support children's learning in mathematics.

Talk about numbers that you see around you for example your house number, numbers on food packets, the date etc

As well as numbers, shapes are also all around us, talk about the shape of everyday objects such as windows being square, car wheels being circles. You could encourage your child to draw the shapes in the air or on paper and repeat the name.

Talk about different sizes such as big and little, long and short etc. Count anything! Objects, actions, cars going past, sounds etc.

