

Information to support your pre-school child with home learning

You can help your children to learn through the little things you do with them. For example

- having regular everyday conversations
- make-believe play
- number or letter games, which can be as simple as counting steps or noticing number on front doors of houses as you walk past
- reading
- involving them in house hold chores and talking about what you are doing.

Socialising

Spending time with others is important for your child's development. However, this is very difficult at this time so try involving them video calls with family and friends. It will also help if everyone in the home talks to them during the day, and engages in activities that they enjoy eg. racing toy cars.



Be active

- play hide and seek
- see how many star jumps you can both do
- obstacle courses
- dancing to music

Routines

- get up and go to bed at the same time everyday
- regular meal times
- turn off all devices an hour before bed.



Independence

Encourage your child to start completing some routine tasks themselves eg.

Dress themselves.
Putting on coats and shoes.

Feeding themselves with a knife and fork.

Wash their hands.

Wipe their nose.

Independently go to the toilet.

If you are talking to your child about Coronavirus (COVID-19) try to reassure them that you will keep them safe and it is very unlikely that they will get poorly, but if they do you will look after them. Also tell them that if you get poorly someone will look after you.

At this tricky time your child may be more emotional than normal. Take time to reassure them and be open to talking about their feelings.