

Communication & Language

- Teach your children nursery rhymes and poems that are fun to sing and say like "Row, Row, Row Your Boat" or Wee Willie Winkie.
- Set aside a special time each day to read aloud to your children.
- When possible, take your children on walks or trips to zoos, museums, nature trails, and historical sites. Talk about the interesting and unusual things you see.

Religious Education

- Talk about your child's baptism and show them photos, and their baptism candle.
- Do you have a crib at Christmas? If not look at books and pictures about the Nativity with your child and help them to know the story.
- Visit a church— as often as you like!

Literacy

- Read stories together and talk about the characters and what happens to them.
- Sing and say nursery rhymes and listen out for the rhyming words.
- Help your child to develop their vocabulary by drawing their attention to new and interesting words.

Personal, Social & Emotional Development

- Talk to your child about their feelings - whatever they are and share your feelings with them too.
- Show your child photographs of special family members, friends, events and places that are important to you to help them develop a sense of being part of a community.
- Read stories and talk about friends; how to make friends and how to be a good friend.



Mathematics

- Look out for numbers in the world around— on houses, number plates, clocks etc.
- In the same way, look for shapes in the environment and name them.
- Find opportunities to count objects, actions or sounds with your child— eg. How many red cars can you count on a journey?

Understanding the World

- Show your child photographs of themselves and other family members as babies and toddlers and talk about how they have changed.
- Talk to your child about toys and games you enjoyed as a child.
- Go for an Autumn walk and look at how the leaves are changing. What other changes do you notice on walks or in your garden?

Physical Development

- Get out and about! Visit playgrounds, go for walks bike rides and scooter rides. Encourage your child to be active in ways that they enjoy.
- Encourage your child to be more independent with dressing and toileting. Give them time, when possible to try to fasten coats and shirts themselves.
- Use toys like Lego to develop dexterity.

Expressive Arts & Design

- Listen to music and sing songs together. Expose your child to different types of music to see which they like best.
- Encourage your child to explore making marks— on paper, chalk boards, even in mud outside!
- Make playdough together and explore making shapes, animals or pretend food. Let your imagination run wild!