



# **Reception Parents Information**

## **booklet**



## 4 & 5-year-olds: how you can help me with my learning

### Communication & Language

- Play games with me where I have to listen to your instructions such as a treasure hunt.
- Share a wide range of books and stories with me, including non-fiction and poetry.
- Talk out aloud, commenting on your actions and mine. This helps me hear clear, well-formed sentences.
- Encourage me to have lots of back and forth conversations with other children and adults.

### Personal, Social & Emotional Development

- Listen carefully to me. Encourage me to express my feelings using words.
- Help me solve problems by talking them through with me. This will help me keep going even when I find it really hard.



### Physical Development

- Give me time and space to be highly active and get out of breath every day.
- Encourage me to crawl on all fours, climb, pull myself up on a rope and hang on monkey bars. These activities will help me develop the strength I need for writing.
- Let me use one-handed tools like peelers and knives.

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## 4 & 5-year-olds: how you can help me with my learning

### Mathematics

- [Name small groups of things, this helps me to 'subitise'](#) (instantly seeing how many without counting) e.g. "There are 3 slices of pizza left."
- Ask me to count out a number of things from a group, e.g. "Could you get me 6 eggs?"
- Make number snap or bingo with numerals and pictures. Match the numerals with the right amount.
- Make patterns with objects, e.g. buttons or shells. Such as 'big, small, big...' Make a mistake and talk with me about how to fix it.

### Literacy

- Keep reading with me everyday. Share books that let me see people of different races, cultures, gender and religion.
- Play games where you give me an instruction like "Can you h-o-p?" I have to put the sounds of the word together.
- Let me make up stories – you could write them down for me and we could act them out.
- Make a photo book of our family or when we went to the park and let me write my own words in it.



### Understanding the World

- Share photos and tell stories about my family, both past and present.
- Take me to places of worship and places of local importance in my community.
- Let me help you cook. Talk about changes such as 'melting' or 'boiling'

### Expressive Arts & Design

- Sing and dance with me when we hear our favourite songs. Encourage me to make up my own routine.
- Give me string, scissors, glue, sticky tape and boxes to make a model.

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## Where to go to learn more

Source	Link	Support offered
Action for Children	<a href="https://www.actionforchildren.org.uk">https://www.actionforchildren.org.uk</a>	Range of resources to support with your child's development.
Book Trust	<a href="https://www.booktrust.org.uk/books-and-reading/bookfinder/">https://www.booktrust.org.uk/books-and-reading/bookfinder/</a> <a href="https://www.booktrust.org.uk/books-and-reading/tips-and-advice/reading-tips/">https://www.booktrust.org.uk/books-and-reading/tips-and-advice/reading-tips/</a>	Find children's books for every age. Tips, advice, reading guides.
Bilingualism Matters	<a href="http://www.bilingualism-matters.ppls.ed.ac.uk/parents-questions/">http://www.bilingualism-matters.ppls.ed.ac.uk/parents-questions/</a>	Frequently asked questions from parents about raising bilingual children. (In eight languages).
Boromi	<a href="https://www.boromi.co.uk/dailyplay-2">https://www.boromi.co.uk/dailyplay-2</a>	Daily emails during school holidays share simple, accessible and play-based activities.
Cbeebies Grown-ups	<a href="https://www.bbc.co.uk/cbeebies/grownups">https://www.bbc.co.uk/cbeebies/grownups</a>	Tips and ideas for parents.

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Harvard Centre	<a href="https://developingchild.harvard.edu/resources/how-to-5-steps-for-brain-building-serve-and-return/">https://developingchild.harvard.edu/resources/how-to-5-steps-for-brain-building-serve-and-return/</a>	Video explaining how interactions build babies brains.
Hungry Little Minds	<a href="https://hungrylittleminds.campaign.gov.uk">https://hungrylittleminds.campaign.gov.uk</a>	Simple, fun activities for kids, from newborn to five.
ICAN: Talking Point	<a href="https://ican.org.uk/i-cans-talking-point/parents/">https://ican.org.uk/i-cans-talking-point/parents/</a>	For parents who are concerned about their child's development.
Literacy Trust	<a href="https://wordsforlife.org.uk/activities/">https://wordsforlife.org.uk/activities/</a>	Activities and videos.
Love My Books	<a href="http://www.lovelybooks.co.uk">http://www.lovelybooks.co.uk</a>	Newsletter, activities and videos.
Mantralingua	<a href="https://uk.mantralingua.com">https://uk.mantralingua.com</a>	Bilingual books in 65 languages.

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Mattel (Laura Henry-Allain MBE & Emma Worrollo)	<a href="https://www.mattel.com/sites/mattel_mattelcom/files/2020-07/Supporting%20you%20to%20raise%20antiracist%20children2.pdf">https://www.mattel.com/sites/mattel_mattelcom/files/2020-07/Supporting you to raise antiracist children2.pdf</a>	Parents' guide: supporting you to raise anti-racist children.
National Childbirth Trust	<a href="https://www.nct.org.uk">https://www.nct.org.uk</a>	Parenting support.
NHS – Children's Teeth	<a href="https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/">https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/</a>	Dental health advice.
NHS Change 4 Life	<a href="https://www.nhs.uk/change4life">https://www.nhs.uk/change4life</a>	Easy ways to eat well and move more.
Tiny Happy People	<a href="https://www.bbc.co.uk/tiny-happy-people">https://www.bbc.co.uk/tiny-happy-people</a>	Child development advice, activities and videos.
Unicef Parenting	<a href="https://www.unicef.org/parenting/">https://www.unicef.org/parenting/</a>	Child development advice, activities and videos
50 Things to do before you're five	<a href="https://www.50thingstodo.org/about/the-app">https://www.50thingstodo.org/about/the-app</a>	App: low/no-cost experiences.

If you have any more questions or queries please do not hesitate to contact me

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