



Early
Years

Time Together at Home



Help your child learn every day



How to use these cards

- * Please chat to your child's keyworker about how to use these cards. They give a few ideas of things that you can try to help your child to learn at home.
- * Please feel free to change and add to the ideas to suit you and your child.
- * Children learn in different ways at different rates so the ages are meant only as a general guide. The ideas are for all the family.
- * Research has shown that if children get the right play experiences at home they are likely to do better at school.
- * You know your child better than anyone so please only use activities you think your child will enjoy.
- * Children learn and find out about the world when they are playing. All these ideas can be used when you are playing with your child.
- * Relax and enjoy playing. The more you get involved in your child's play the more you will both enjoy it.
- * Listen to your child and try to see things from your child's point of view.
- * Children learn best when you follow them in their play. Start with them and what they know and enjoy.
- * Don't worry if things do not go according to plan. Be prepared to change what you are doing and learn when things go wrong.
- * Be aware of you and your child's emotions as this will affect how well you play together.
- * You do not need to buy expensive toys as you can use things from around the house.



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Contents

Birth – 18 months

Chat

What's in the bag / Yum Yum / Tip, Tap, Splish, Splosh / Baby Talk / Out and About / I Am Animal

Sing

Baa Baa Black Sheep / Miss Polly Had a Dolly / Twinkle Twinkle

Read

Library Information / What shall we do?

Move

Sock a Sock / Obstacle Treasure Hunt / Balls and Balloons / Tummy Time

Play

Build it up / Teddy's Hiding / Spot the Sparkle / Peek a Boo / Babies Love Boxes / Treasure Time / Babies Love faces / Babies Love Bubbles / Splish, splash, splosh / Round and Round the Garden / Feely Walk / Go Baby Go



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18 – 36 months

Chat

Noisy Hide and Seek / Jack-In-the Box, What's in the bag? / Hip, Hop / Treasure Island

Sing

Miss Polly Had A Dolly, Pat-a-Cake / Incy Wincy Spider / Twinkle Twinkle / Row Row Row the Boat / Head Shoulders Knees and Toes / Wind the Bobbin up / Baa Baa Black Sheep / Song Bag / Stage and Microphone / Instruments

Read

Library Information / What shall we do?

Move

Obstacle course / Row Row Row the boat / Rainy Day Play / Horsey Back Riding / Balls and Balloons are Brilliant / Park Life / Toy Treasure Hunt / Boxes are Brilliant

Play

Foam and Cream / Water Painting Outside / Ice Balloons / Build It Up / Mud Pies

Feelings 1/2/3/ Tantrums and Outbursts 1/2/3



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36 – 60 months

Chat

Make up a story / Photo Time / Play Shop / Rhyming Pairs / Draw a .../
Toys tea Party / Find Teddy

Sing

Change the Words - Twinkle Twinkle / Change the Words–Baa baa Black
Sheep / Making singing puppets / Take the Stage / Keep to the beat /
When Goldilocks Went to the House of the Bears

Read

Silly Soup / First Sounds / Label Things are Around you / Puppets and
Plays / Scrap Book / First Sounds–Alliteration / Book Den / Odd One Out

Move

Park Life / Balls are Brilliant / Dancing / Obstacle Course / Skittles /
Drawing and Painting / Pick it Thread it / Number Bounce

Play

Boxes Are Brilliant / Washing Day / Mud Pies / Dressing Up Time / Egg
Family / Hairy Harry, Hairy Helen, Pizza Buns / Hand and Foot Prints /
Target Practice / Dough / Bake Warm Buns / Number I Spy /
Water Painting / Gloop / Wash Day Maths



Help your child learn every day

Chat**Sing****Read****Move****Play**

Chat Talk and listen to your baby, the more you talk the more words they will learn and this will help with all their learning. Babies can even recognise your voice before they are born.



Sing Start to sing as soon as your child is born. This will help them to listen. It can help them learn words and hear tunes. Hearing rhymes helps with reading later on.



Read It is never too early to read to your baby. This helps their brain to grow and develops their memory. You reading to them everyday will make it easier for them to learn to read later on.



Move Make sure your child has lots of outdoor play. This will help them grow strong and climbing, swinging balancing and stretching grows muscles for writing later on.



Play Children learn when they are playing. If you get down on the floor and play with them you will get to know them and how they like to learn.



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Where to get more information

Useful websites

www.wordsforlife.org.uk

www.ican.org.uk

www.literacytrust.org.uk

www.playtalkread.scot

www.foundationyears.org.uk

www.bbc.co.uk/cbeebies

www.bbc.co.uk/schoolradio/mathematics/countingsongs

www.early-education.org.uk

www.bestbeginnings.org.uk

localoffer.cumbria.gov.uk