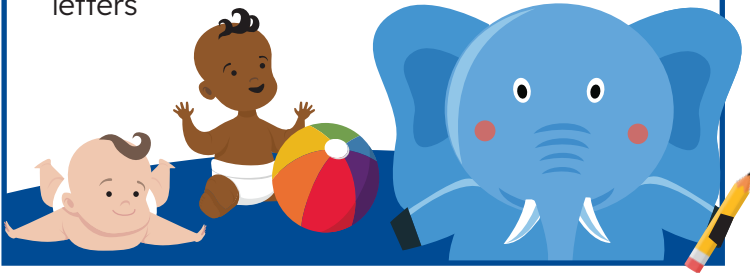


Ready to write

- When your baby spends time on their tummy, they strengthen their core muscles and gain the body control that they will eventually need for writing!
- Encourage your baby to use their fingers to explore food, making marks in yogurt or sauce
- Help your little one practise controlling their arms by singing action songs like Wind the Bobbin up and Row Row Row Your Boat and Wheels on the Bus
- Play rolling and throwing with a ball
- Playing with play-dough strengthens little fingers
- When playing outside, provide a pot of water and large brush to 'paint'
- Encourage your child to write for a purpose, writing their own shopping lists, notes and letters



Ready to count

- Make counting part of your daily routine – count fingers and toes when changing your baby
- Count wooden bricks as you build them into a tower and watch your baby's enjoyment in knocking it down
- Use tissue boxes and snack tubes for a posting game using small toys. Introduce new words about sizes and shapes
- Sing counting songs with actions – eg. 5 little ducks and 5 little monkeys
- Count every day - stairs as you climb them, toys when you tidy up
- Point out numbers and shapes at home and when you are out and about, on road signs, doors and when shopping
- Play counting board games together – snakes and ladders, ludo, dominos



Ready to read

Sharing books every day from very young will encourage a lifetime love of reading. Your child can join the library at any age.

- Your baby is never too young to enjoy books. Choose simple board books with just a few words and pictures to talk about. Babies will enjoy the familiarity of sharing the same book lots of times
- Sing nursery rhymes together every day. Research has shown that children who know at least 8 nursery rhymes at the age of 4 are likely to be among the best readers in their class by the time they are 8!
- Encourage your child to tell you the story by using the pictures in the book
- Help your child to spot letters and words on packaging and signs
- Play with words together. Make up funny rhymes, and silly stories
- Can your child hear words that begin with the same sound? eg. baby, ball, bottle



Ready to learn

Your child starts to learn from inside the womb, beginning to hear your voice and form an attachment to you. You are your child's first playmate and teacher!

Babies and young children learn through:

- Playing – this might be the same thing repeated over and over again!
- Being curious and exploring the world around them
- Real experiences and objects to stimulate their senses – like collecting leaves in the woods
- Being involved in daily routines – like helping to lay the table, sorting the washing, matching socks
- Talking about the things that you do and see together



HOME LANGUAGE

Remember your Home Language is very important. Spend time talking, reading and singing to your child in your most fluent language.

Ready to explore

- Let your baby explore objects collected from around the house, for example, wooden spoons, metal pots and soft brushes. Introduce words such as hard, soft and shiny
- Have fun filling and emptying containers at bath-time
- Blow bubbles, talk about their colours and how they float, try to catch them... POP!
- Chase your shadows when you are outside, try to catch them, can you make them bigger and smaller?
- Let your child help you in the kitchen, stirring, mixing, pouring, rolling, peeling, chopping, washing and cleaning!

• Bake and cook together, talking about the ingredients and the changes that happen when they are mixed and cooked

• Explore the smell, taste and feel of the fruit and vegetables that you eat together

• Introduce new words... smooth, rough, spiky, juicy, sweet, sour...



Ready to make friends and join in

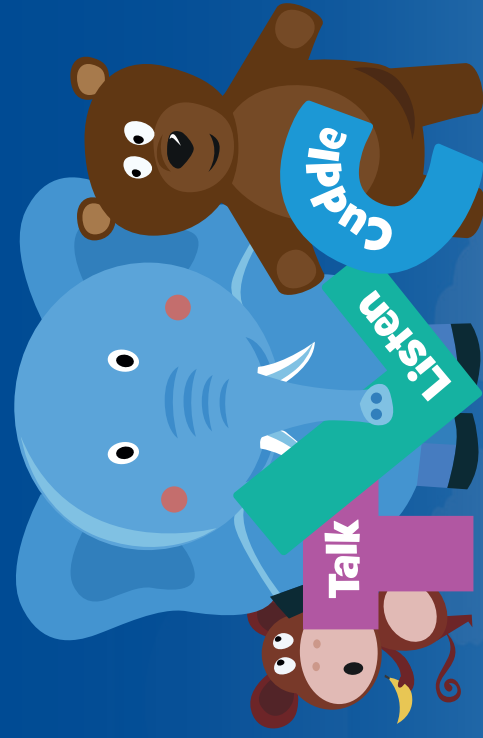
- Join a parent and toddler group so that you and your baby can make new friends. Your local children's centre will have all the information about activities in your area
- Play matching and simple turn taking games such as picture dominoes and picture lotto. You can make these very easily by cutting up logos from familiar food boxes
- Play board games together to learn about following instructions and taking turns
- Talk about emotions with your child so they learn how to tell you how they are feeling and to explore how others may feel too



Helping your child to learn at home and out and about



110CM



The key to growing ready for school

100CM

Talk to me about my day – let me tell you stories about the things I have done.
Find out who my school friends will be and arrange for us to play together.



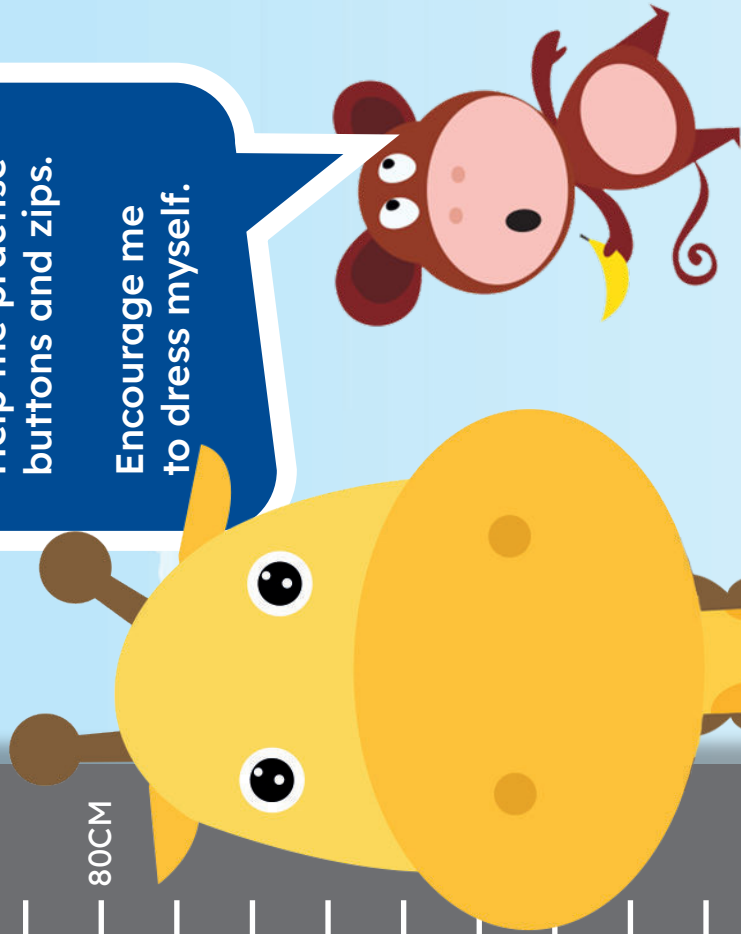
Encourage me to use the toilet and wash my hands on my own.
Show me how to blow my nose.

90CM



Help me practise buttons and zips.
Encourage me to dress myself.

80CM



STICK HERE STICK HERE STICK HERE STICK HERE STICK HERE

70CM

Play games with me so I can practise taking turns.
Keeping background noise to a minimum helps me develop my hearing and listening skills.
Give me lots of time to play outside.

60CM

Encourage me to talk to family and friends to help me become a confident communicator.
Sing counting rhymes with me to help me understand numbers.



50CM

Praise me when I show independence at meal times especially when I feed myself.
Involve me in everyday tasks such as sorting the washing or matching socks.



40CM

Take me for walks and talk to me about what we see.
Share books with me and talk about the stories we read.
Encourage me to be curious about the world around me.



31CM

PLACE ME 30cm FROM THE GROUND