



PLAY

Westfield Nursery School 'Play Ideas' for Parents

Top Tips

- ✓ Be a good role model
- ✓ Pay attention to your children when they are talking to you
- ✓ Praise good speech and vocabulary
- ✓ Help with new words by repeating them
- ✓ Add onto phrases or words and boost vocabulary (For example - Your child says, "My ball," you say, "Yes, red ball.")
- ✓ Correct gently by repeating the sentence correctly
- ✓ Talk about what you are doing as you go about your daily chores
- ✓ Use TV and screens sparingly

Communicates with adults and children (Communication and Language)

Talking

- ✓ Speak confidently using the right words. Set an example by talking in complete sentences in your first language
- ✓ Use clear, simple directions for tasks and behaviours
- ✓ Take turns to speak
- ✓ When you have asked a question, allow the children time to think about the answer, before you give it yourself
- ✓ Help your child to use more words e.g. if your child says 'Dog', say 'Yes, it's a brown dog'
- ✓ Remember the four C's. Be calm, consistent, confident and clear
- ✓ Talk about things as they happen, e.g. unpacking the shopping or having a bath
- ✓ Turn off the television, laptops and other devices
- ✓ Have a family meal together as often as possible
- ✓ Play games together like I-spy



Sensory Play

Choose things with different textures and sizes. Mix them up for sorting experiences. Look for things like rice, buttons, pebbles, pasta and blocks

- ✓ Talk about textures, shapes, feelings
- ✓ Talk about what you are doing (squash, sprinkle, pull etc.)
- ✓ Talk about the marks you make





Communicates their feelings, wants and needs (Personal, Social and Emotional Development)

Emotions

- ✓ Read a book about feelings
- ✓ Look in a mirror and make different faces (happy, sad, angry, scared)
- ✓ When your child follows directions, show you notice: praise them for listening to you



Looks after their health, safety and self-care needs (Physical Development)

Toileting

- ✓ Toilet train
- ✓ Wash and dry hands

Dressing

- ✓ Put on and take off coats, socks and shoes

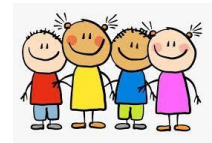
Eating

- ✓ Drink from an open top cup



Develops a friendship (Personal, Social and Emotional Development)

- ✓ Make a play date
- ✓ Go to a toddler group, stay and play session



Moves with confidence in a range of ways (Physical Development)

Using Big Muscles

- ✓ Go to the park
- ✓ Learn to ride a bike
- ✓ Play football



Uses simple tools (Physical Development)

Playdough

- ✓ Make play dough with

Half cup salt

1 cup plain flour

1 cup water with colouring

3 teaspoons cream of tartar

1 tablespoon oil

Mix well and cook gently over a low heat until it forms a ball.

Squish it, squash it, roll it and cut it!

Make shapes, snakes and cakes. HAVE FUN!

(Store in an airtight container in the fridge, should keep for a few weeks.)





Threading

- ✓ Use food colouring on dry pasta tubes. Thread the uncooked dry pasta on to shoelace to make a necklace. Try and make repeating patterns. You can also thread with beads, buttons, card tubes, pieces of paper or card...



Cooking

- ✓ Use knives to make a sandwich/ spread on toast
- ✓ Use measuring equipment & spoons to make fairy cakes



Listens to and tells a story (Literacy Development)

Books & Print

- ✓ Share a book (fiction, non-fiction and poetry) everyday, especially at bedtime
- ✓ Visit and join the local library
- ✓ Share print in the environment e.g. food packets, street signs, car registrations, buses
- ✓ Retell familiar stories and have fun making up new ones



Uses mark making tools (Literacy Development)

- ✓ Provide different kinds of materials which make marks e.g. tooth brushes, pegs with different things in them, glue spreaders, chunky crayons, chalks, paint brushes, felt pens, etc
- ✓ Provide different kinds of materials in different sizes and shapes for children to make marks on e.g. wallpaper, newspaper, leaves, material, plain paper, paper with lines and squares, textured paper, card
- ✓ Seasonal mark making with natural materials e.g. leaves, seed pods, fir cones, dried flowers. Do leaf rubbings, flower pressing and collages. Try using flowers and twigs as mark-making tools and brushes
- ✓ Messy mark making e.g. with sand, salt, jelly, shaving foam, cornflour and water



Understands and uses numbers (Maths Development)

Number

- ✓ Play with a collection of objects e.g. leaves, stones, feathers, flowers, bricks and make different arrangements. Talk about what children notice
- ✓ Read a number story or sing a number song
- ✓ Play a Maths game such as snakes and ladders

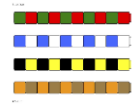




Knows and uses numerical patterns (Maths Development)

Patterns

- ✓ Complete a pattern hunt around your house. Discuss the colours, sizes and shapes. Describe the pattern (spots, stripes, zigzags).
- ✓ Find a group of objects which will make a repeating pattern e.g. buttons, cutlery, beads, bricks, shapes. Make a pattern for your child to copy e.g. red, blue, red, blue, red, blue or big, small, big, small, big, small or fork, spoon, fork, spoon, fork, spoon or circle, square, circle, square, circle, square etc. Can your child make a pattern? Challenge- Can your child correct a pattern if it goes wrong?



Shows care for communities, the environment and living things (Understanding the World)

Family Photos

- ✓ Look at family photograph album. Discuss family members and events



Nature Walk

- ✓ Go on a nature walk and discuss what you can see, hear, smell and touch.
- ✓ Plant and care for something (inside or outside)
- ✓ Help look after a pet (yours/ a friends)



Creates a piece of art/model (Expressive Arts and Design)

Painting and Printing

- ✓ Use any type of paint and marker to explore. Try mixing colours
- ✓ Look at famous paintings and talk about what your child notices



Building with blocks or construction sets

- ✓ Talk about shapes, size, colours and repeating patterns. Talk about what fits & doesn't fit, talk about what works & doesn't work

Building with Recycled Materials

- ✓ Plan and build using boxes and tubes from the recycling bin. Discuss best ways to join e.g. glue, sellotape

Performs a dance/song or rhyme and uses imagination (Expressive Arts and Design)

Songs and rhymes

- ✓ Sing nursery rhymes, finger plays and songs
- ✓ Sing a range of songs from counting songs to pop songs
- ✓ Listen to and dance to a range of different types of music



Imaginative Play

- ✓ Dress up
- ✓ Make and play with a puppet
- ✓ Make a den
- ✓ Create a scenario e.g. superhero

