



# Help your child to learn at home

## Physical Development

### At Home

#### Physical Development at Home—

**Fine Motor Skills—** Encourage activities that require a pincer grip movement between the index finger and the thumb.

- Jigsaw Puzzles
- Building bricks and Lego
- Filling and pouring containers in the bath such as jugs and cups.
- Plasticine, play dough or clay to pinch and shape
- Using tweezers, pegs and pipettes.
- Using one handed tools like scissors
- Using pens, pencils, felt –tips or crayons
- Sticking and gluing crafts like collages
- Threading with pasta, cotton reels or beads
- Picking up small objects e.g. buttons, pom-poms, blueberries etc.



**Gross Motor Skills—** Encourage movements e.g.

- Jumping, hopping and skipping
- Walking up and down stairs
- Dancing



#### Health and Self Care at Home

##### Dressing and Toileting

Support toilet training—This NHS information is very helpful — [www.nhs.uk/conditions/pregnancy-and-baby/potty-training-tips](http://www.nhs.uk/conditions/pregnancy-and-baby/potty-training-tips)

Encourage your child to dress themselves

Buy clothes that help independence e.g. Velcro shoes and elasticated waist

At



Nursery we will support your child with toilet training whatever stage your child is at.

##### Eating and Drinking

- Start to use cups without lids at mealtimes and throughout the day
- Sit at a table for meals
- Start to use a knife and fork rather than a spoon



## Out and About

Developing gross motor skills will eventually help your child to write. Initially children manipulate the arm from the shoulder joint, then the elbows and then the hands. Finally children learn to make finer finger movements needed for writing.

Playgrounds and soft play centres provide opportunities for children to develop gross motor skills and muscle strength by:

- Climbing
- Swinging
- Crawling
- Balancing



Other activities that can help your child develop physically are;

- Sweeping
- Painting walls with water
- Dancing
- Throwing, kicking and catching balls
- Using sponges to wash things
- Digging in sand and soil
- Carrying water



Not all children develop at the same rate but by the end of nursery most children will.....

## Moving and Handling

- Climb stairs, steps and move across climbing equipment using alternate feet. Maintain balance using hands and body to stabilise.
- Walks down steps or slopes whilst carrying a small object, maintaining balance and stability.
- Run with spatial awareness and negotiate space successfully, adjusting speed or direction to avoid obstacles.
- Can stand momentarily on one foot when shown.
- Can catch a large ball.
- Create lines and circles pivoting from shoulder joint and elbow
- Use one-handed tools and equipment, e.g. paintbrushes and scissors

## Some children will be able to....

- Experiment with different ways of moving.
- Jump off an object and land appropriately
- Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
- Travel with confidence and skill around, under, over and through balancing and climbing equipment.
- Show increasing control over an object in pushing, patting throwing, catching or kicking it.
- Use simple tools to effect change to materials.
- Handle tools, objects, construction and malleable materials safely and with increasing control.
- Show a preference for a dominant hand.
- Begin to use an anticlockwise movement and retrace vertical lines.
- Begin to form recognisable letters.

## Health and Self Care

- Tell adults when hungry, full up or tired or when they want to rest, sleep or play.
- Observe and can describe in words or actions the effects of physical activity on their bodies.
- Can name and identify different parts of the body.
- Takes practical action to reduce risk, showing their understanding that equipment and tools can be used safely.
- Can wash and can dry hands effectively and understand why this is important.
- Work towards a consistent, daily pattern in relation to eating, toileting and sleeping routines and understands why this is important.
- Gains more bladder control and can attend to toileting needs most of the time themselves.
- Dress with help, e.g. puts arms into open fronted coat or shirt when held up, pulls up own trousers, and pulls zipper up once it is fastened at the bottom.