

Nursery Learning at home

At home, your child should be given opportunities to learn and understand through first-hand experiences and by helping to plan and take part in practical activities relevant to their stage of development.

You do not need to set separate time or plan complicated activities dedicated to learning. These activities can be built into everyday life and play.

Your child needs to have fun learning! This can be through activities that can be messy, multisensory and creative. For example, you can develop their mark-making skills by using runny mud-paint outdoors, creating your own playdough or painting and designing.

You can help your child to learn through the little things you do with them, for example:

- everyday conversations
- make-believe play
- games with numbers or letters
- reading together
- involving them in the things you are doing, such as household chores, and talking with them about it.

You know your child best. Avoid forcing them into lengthy planned activities if they naturally respond better to a mix of shorter activities. This can stop them getting bored or frustrated and keep them active, interested and learning through things they enjoy.

While inside, there are plenty of things you can do to keep children active, such as:

- playing hide-and-seek
- seeing who can do the most star jumps
- making an obstacle course
- playing music and having a dance-off!

Your child should be active for at least 3 hours a day in total and it's also good to get some fresh air every day. If you do not have a garden and are taking your child outside to exercise, make sure you follow the rules on social distancing.

It is important that your child is not pushed into reading and writing too early. Very young children can be encouraged to develop pre-reading and pre-writing skills through language-development activities that help them understand sounds through games, making patterns, singing and stories. Pre-writing skills can be developed through making marks with tools and writing instruments on a variety of surfaces such as chalk on the outside floor or sticks in the mud, drawing, painting, threading, and other activities that develop their muscle control.