



# 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 between the thumb and index finger.

- Using tweezers, pipettes, pegs.
- Picking up small objects e.g. buttons, pompoms, blueberries.
- Pinching and shaping dough, plasticine or clay.
- Using pens, pencils, crayons or felt-tips.
- Threading beads, cotton reels, cheerios.
- Jigsaw puzzles, building with small bricks and lego.
- Filling and pouring containers – add a jug to the bath toys.
- Crafts such as gluing collage and using stickers.

Using one handed tools e.g. scissors, hole punch.



**Gross Motor Skills** – Encourage movements such as...

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



#### Self Care Skills at Home

##### Dressing and Toileting

- Encourage your child to dress themselves.
- Buy clothes that enable your child to be independent e.g. elasticated waists, velcro shoes.
- Support toilet training – this NHS information is useful:

[www.nhs.uk/conditions/pregnancy-and-baby/potty-training-tips](http://www.nhs.uk/conditions/pregnancy-and-baby/potty-training-tips)



At nursery we will support your child with toilet training whatever age or stage they are at.

##### Eating and Drinking

- Sit at a table to eat meals and snacks.
- Start using a cup without lids during the day especially at mealtimes.
- Move from using a spoon to using a knife and fork.



# Out and About

Developing gross motor skills will eventually help your child to write. At first children manipulate the arm from the shoulder joint. Gradually they develop control of the elbows and hands. Finally children learn how to make the fine finger movements needed for writing.

Playgrounds aren't just for fun. They provide opportunities for your child to develop gross motor skills and muscle strength by:

- swinging
- climbing
- balancing
- crawling



Soft play centres can also develop these skills.

Other activities to help your child develop physically are:

- dancing
- throwing, catching and kicking a ball
- digging in sand or soil
- sweeping
- using sponges to wash doors
- painting walls with water
- carrying objects e.g. buckets



# The Early Years Curriculum

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

## Gross Motor Skills

- Climb stairs, steps and move across climbing equipment using alternate feet. Maintaining balance using hands and body to stabilise
- Walk 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
- Balance on one foot or in a squat momentarily, shifting body weight to improve stability
- Grasp and release with two hands to throw and catch a large ball, beanbag or an object

## Fine Motor Skills

- Create lines and circles with mark-making tools pivoting from the shoulder and elbow
- Manipulate a range of tools and equipment in one hand, including pencils, paintbrushes, scissors, hairbrushes, toothbrush, scarves or ribbons

## Health and self-care

- Tell adults when they are hungry, full up or tired or when they want to rest, sleep or play
- Can name and identify different parts of the body
- Take practical action to reduce risk, showing their understanding that equipment and tools can be used safely
- Wash and dry hands effectively and understand why this is important
- Be willing to try a range of different textures and tastes and expresses a preference.
- Have developed bowel and 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 up zipper once it is fastened at the bottom