

# The Early Years Foundation Stage



## A Guide for Parents

### What is the Early Years Foundation Stage?

This is the stage in your child's life that gets them ready and prepares them for school, as well as for their future learning and successes. The EYFS was created to ensure your child's first 5 years are happy, active, exciting, fun and secure, as well as to support their development, care and learning needs.

All nurseries, pre-schools, reception classes and childminders who are registered to deliver the EYFS must follow a legal document called the Statutory Framework for the Early Years Foundation Stage.

### The Early Years Foundation Stage (EYFS) Framework

The EYFS Framework is there to support all professionals working with children within early years settings. It places a large emphasis on the adult's role in helping the children to learn and develop.

It sets out:

- The legal welfare requirements that everyone registered to look after children must follow to keep your child safe and promote their welfare;
- The 7 areas of learning and development which guide professionals' engagement with your child's play and activities as they learn new skills and knowledge;
- Assessments that will tell you about your child's progress through the EYFS
- The expected levels (Early Learning Goals) that your child should reach at the end of their reception year.

## How will your child will be learning?

Your child will be learning skills, acquiring knowledge and demonstrating their understanding through 7 areas of learning and development.

**3 prime areas :**

- Communication and language
- Physical development
- Personal, social and emotional development

These prime areas are those most essential for your child's healthy development and future learning.

As children grow, the prime areas will help them to develop skills in **4 specific areas:**

- Literacy
- Mathematics
- Understanding the world
- Expressive Arts and Design

Activities and experiences are planned around your child's unique needs and interests. They will learn by playing and exploring, being active and through creative and critical thinking, which will take place within the indoor and outdoor spaces.



# Seven Areas of Learning and Development

## Communication, Language & Literacy

Your child will learn to speak confidently and clearly, enjoying stories, songs and poems, hearing and saying sounds and linking them to the alphabet. They will learn how to hold a pencil and begin 'writing', learning how to recognise their name in print and eventually writing it by themselves.

## Reading Books

Your child will be given both a story book and reading book to take home. We ask that you read with your child each night. Reading books are to be sent into school each day and will be changed when your child is ready to move onto the next book. Enjoying and sharing books leads to children seeing them as a source of pleasure and interest and motivates them to value reading.

## Phonics

We follow Read Write Inc for our phonic lessons in Reception. Children have a phonics lesson every day and resources are sent home to consolidate the letter sounds taught in class. We have parent/ carer workshops throughout the year which focus on the teaching of phonics and provide practical ideas of activities that can be undertaken at home.

## Personal, Social and Emotional Development

Your child will learn to form positive relationships and develop respect for others. They will develop essential social skills and learn how to manage their feelings and understand what behaviour is appropriate, as well as being able to identify their own abilities and strengths.

We support children to recognise and distinguish between emotions and give them the knowledge and skills to deal with uncomfortable emotions and to self-regulate.

They will learn about living a healthy life through healthy eating and participating in exercise. They will become independent in managing their own personal needs with regards to self-care and hygiene.

### Physical Development

This area includes the development of fine motor skills which are smaller movements including the need for precision and hand and eye co-ordination and gross motor skills which includes large movements such as jumping. Your child will learn to move confidently, controlling their body and handling equipment such as bats and balls and smaller items such as scissors and pencils for writing. They will develop their skills of throwing, catching, kicking a ball etc as well as learning to build with the construction resources.

### Mathematics

Your child will develop an understanding of maths through stories, songs, games, problem solving and imaginative play. They will become familiar with numbers, number patterns and matching numerals to quantities. They will compare items by quantity, height, weight and length. They will learn to apply what they know about number and shape to real life situations both inside and outside the classroom.

### Understanding the World

Your child will explore and find out about the world around them, asking many questions. They will explore different environments and talk about similarities and differences. They will learn about the natural world, exploring nature and making observations. They will learn about the passing of time and seasonal change. They will learn about people and items from the past from exploring books, songs and stories. They will undertake many experiments, making predictions and talking about their findings. They will find out about their own culture and beliefs and those of others.



### Expressive Art and Design

Your child will explore colours and shapes, participate in dance. They will enjoy designing and making things, telling stories, engaging in imaginative play and creating and moving to music.

# What can you do to support your child's learning and development?

## Communication, Language and Literacy

There are many things that parents can do at home to develop their child's skills of language and literacy:

- Read to your child. Picture books are good for generating conversation and extending vocabulary.
- Create your own stories.
- Talk to your child in sentences and build on what they say.
- Discuss favourite television programmes or activities that you have done together.
- Use everyday situations to talk to your child e.g. shopping, washing up, cooking etc.
- Encourage your child to learn Nursery Rhymes and songs.
- Play rhyming games.
- Encourage your child to make marks and 'write' for many different reasons.
- Point out letters in the environment – initially this will be significant letters like those that are included in their name.
- Practise writing letters, thinking carefully about where to start and finish.

## Personal, Social and Emotional Development

- Talk to your child about emotions and to recognise which are comfortable and which are uncomfortable. Support them to name the different emotions. Encourage them to think about what they could do when they have uncomfortable feelings. Provide opportunities for your child to have a feeling of calm. Identify the importance of this feeling.
- Play simple games and talk about the importance of turn taking and sharing. Model language such as... Can I have that please?
- Talk about the importance of keeping healthy, include exercise, sleep, eating healthy and toothbrushing.
- Encourage your child go to the toilet independently.
- Support your child to put on their own clothing.

## Physical Development

- Encourage your child to use child friendly scissors and talk to them about how to use them safely.
- Play ball games with your child.
- Set up your own obstacle courses.
- Encourage your child to explore moving in different ways.
- Thread items such as pasta and beads onto laces.
- Use tweezers and pegs to pick up smaller items.
- Manipulate dough/ clay squeezing, pinching and rolling it between their hands.

## Mathematics

Once again parents can do so much to help their child develop early mathematical skills. Maths is all around us in most things that we do. You can help your child to make the most of the mathematical opportunities in everyday activities in a fun and exciting way. Help them to:

- Count things like toys, stairs, buttons etc. Remember to touch each item one, saying a number name for each and then recall the total.
- Sort items by colour, size, shape, weight, type etc.
- Make comparisons between objects, e.g. big/little, long/short, forwards/backwards, thick/thin etc.
- Weigh and measure ingredients when baking.
- Go on a shape hunt.
- Look for numbers around the environment such as on doors, road signs, in the shop etc.
- Sing number rhymes, e.g. 1,2,3,4,5 Once I Caught a Fish Alive.
- Play number games, e.g. snakes and ladders, dominoes etc.
- Match objects, e.g. knife and fork, socks, gloves etc.
- Encourage your child to play shop. Use real coins and talk about their value.

## Understanding the World

- Encourage your child to talk about their experiences.
- Talk about special celebrations such as Christmas, Easter, birthdays, Diwali etc.

- Go on walks around your local area and point out key features such as street sign, houses and postboxes.
- Bake with your child. Explore the ingredients, make predictions about what will happen and discuss your findings.
- Talk about key members of the community and the roles they have.
- Go for nature walks during the different seasons and talk about what you find as well as the clothing you wear.

### Expressive Arts & Design

- Encourage your child to express their creativity.
- Provide various resources when your child wants to create items, such as sellotape, paint, junk modelling, glue and collage. As well as crayons, pens and pencils of various colours if you have them.
- Read lots of stories with your child to help further develop their imagination.
- Engage in imaginative play with your child. You could pretend you are living in the land of dinosaurs, going on a magic train or planning a trip to the moon!
- Sing songs and rhymes with your child. You could even make your own musical instruments.

