

## PD2: Health and Self-care

- Seek support and advice about toilet training if you need to. Your child will really benefit from being competent and confident with toileting when they start school next September.
- Encourage your child to wash their hands after using the toilet and before eating, talking about the 'invisible' germs that we can't see!
- Let your child help you to prepare food at home and plan and make their lunchbox together, encouraging them to try a different food for the first time. Keep trying things - tastes change all the time. Talk about a balanced diet and explain why certain foods should be eaten in small amounts. Focus on all the lovely, colourful foods that are so good for our brains and bodies.
- PLEEEEEEASE give your child opportunities to be independent! E.g. practising putting on clothes and coats, wiping themselves after using the toilet, pouring own drinks etc. They will thank you for it when they get to school!
- Encourage your child to notice the changes in their bodies after exercise, e.g. heart beating faster, feeling hotter etc. "What can we do to cool ourselves down?"
- During hot weather make sure your child has a sun hat and understands why they need to wear it. Put sun cream on before Nursery and when outside in the sun.
- Have a good, clear bedtime routine and stick to it! Young children need routine and boundaries and will learn more and make better progress at school with a good 12 hours sleep!



Wyndham Park  
Nursery School

# Physical Development

How to support your child at home

## PD1: Moving and Handling

- Dance around the house with your child to your and their favourite music
- Play musical statues and musical bumps - games that encourage children to move in time to music - and stop!
- Give your child time and space to move in different ways and talk about rules that will keep them safe. Let them take risks that you have assessed beforehand - children rarely attempt any action that they don't feel confident about!
- Let your child play with old cardboard boxes, milk crates, curtains and large pieces of material to create 'secret' dens and 'special' places
- Praise children's efforts and encourage them to persevere - use praise, guidance and gentle instructions when success doesn't come immediately - 'Practice makes perfect'!
- Play games where children are encouraged to move in different ways, and use appropriate vocabulary. E.g. up, across, over, under, through, walking, running, hopping, jumping, skipping, slithering, rolling, stretching etc.
- Sing action songs and rhymes together, e.g. "Head, shoulders, knees and toes", "If you're happy and you know it..."
- Give them challenges such as "Can you get all the way around without your knees touching the climbing frame?"
- Play throwing and catching games, aiming for targets, rolling, kicking and dribbling games using balls, hoops, beanbags etc.
- Sing action rhymes and songs, encouraging children to copy you...humming the tune or silently mouthing the words of familiar songs will enable children to focus on the sequence of actions.

- Provide 'gloopy' substances such as flour & water paste or cornflour and water for children to feel and play with.
- Encourage your child to touch and feel materials and surfaces of different textures, e.g. grass, sand, tree bark, tarmac etc. talk about how it feels and model appropriate vocabulary. You could use paper and crayons to make rubbings.
- Muscle strength is vital for future fine motor ('fiddly') skills; encourage your child to climb, sweep up, dig, pour water in the sink or bath, or 'paint' the walls and floors outside with water! Fly kites or wave long ribbons around in the wind.
- Encourage arm and hand movements through throwing, rolling and catching activities.
- Provide pots, scoops, tongs, rods, rollers, whisks or moulds for play with water, sand, playdough or mud.
- Encourage dressing up of themselves or their toys to develop skills of fastening buttons, zips etc.
- Try and give large spaces for making marks with pens, pencils, chalks, wax crayons etc. You could cover the table, floor or wall/fence with the reverse of wallpaper rolls.
- Let your child decide which hand they prefer to use - some will take longer to decide than others! If they are left handed provide them with left handed scissors.
- Talk to them about how to handle, use and store equipment safely.