## child:

I am working towards being able to:



1 Manage my toileting needs and wash my hands with adult support if needed.



2 Go to sleep by myself so that I have enough energy to learn and play at school and with adult support if needed.



5 Take my coat off and get dressed and undressed with some help

and family

5 Tidy my toys and care for my belongings. I am starting to show an awareness of my environment.

Feed myself using a knife, fork and spoon

and enjoy sitting at a table with my friends



Ask for help, be understood, follow simple instructions and share my ideas through speaking, pointing or signing.



/ Listen for a short period of time to a story and stay interested in an activity of my choosing



Confidently try new things and not worry if things go wrong.



Make friends and enjoy playing kindly with other children.



Confidently be away from my parents/carer.

# Early Years:

### We will support you by:

Working with you to toilet train your child.

2 Talking with you if your child struggles with their day.

3 Encouraging your child to practice their self-care skills.

4 Planning activities about food and healthy 'lifestyle choices.

Encouraging your child to care for their belongings and the world around them.

6 Encouraging good communication skills by using a wide range of language.

Encouraging your child to take part in listening and creative activities.

8

Providing a safe space which encourages your child to explore their surroundings. We will plan activities that challenge your child.

#### 9

Encouraging your child to play well with others and by themselves. We will set clear behaviour rules.

#### 10

Building a positive relationship with your child and get to know them individually.

## Schools:

### We will continue to support you by:

Encouraging your child's personal hygiene, so they stay clean and dry at school.

2 Giving advice on bedtime routine and teaching your child why having enough sleep is good for them.

3 Supporting your child to take care of themselves.

4 Teaching your child why healthy eating, keeping clean and regular exercise is important.

5 Encouraging your child to care for living things and the world around them.

6 Planning activities which will teach your child word patterns, sounds and rhymes.

#### 7

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Planning activities that encourage your child to concentrate and sit quietly. We will encourage them to pay attention to what others say and to respond.

#### 8

Helping your child to feel good and celebrate their achievements. We will encourage your child to ask for help if they need it.

#### 9

Encouraging your child to have good relationships & be thoughtful of other people's needs & feelings.

#### 10

Ensuring that the classroom and outdoor spaces are welcoming, encouraging your child to explore.

## parents:

#### I am supporting my child to:

Become independent with toileting.

Have a regular bedtime routine. (I will ask for support if I am finding this difficult).

3 Practise getting dressed and undressed independently.

4 Try new foods. I will encourage my child to eat at the table, using a knife, fork and spoon.

Keep their toys tidy and look after their belongings.

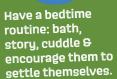


Encourage them to use the toilet regularly throughout the day.

During play Focus & praise what they eat, instead of what they are not

encourage your child to share wait and take turns.





eating.



Children often get their clothes the wrong way round, tru to show them the difference!

Encourage & reward tidying up their toys and belongings.



Encourage them to chat about their feelings, ideas S needs.

Encourage them to try new things & praise them for their efforts.



Encourage them to play by themselves & alongside their friends.

nour way to School



### **Guide for Parents and Professionals**.

Every child is unique, and their developmental needs may vary. This guidance provides a general overview of strategies to support growth and development.

Support for each child should be responsive to their needs.





Develop their communication skills by playing, talking and reading with them.

#### 7

5

6

1

2

Stay interested in a variety of activities to develop their concentration skills.

8

10

Try new activities with my child and ask them how it makes them feel. I will reassure my child that it is OK to make mistakes.

Explore new places and interact with new people.

9 Play with other children.