

Early Years Foundation Stage Curriculum:**Area of learning: Physical Development, Health and self-care****Why this is important:**

Self-care skills are essential for young children to develop. They allow infants to become independent from their carers and learn to manage their own needs. Overall this gives them a huge confidence boost and a sense of accomplishment and pride.

Promoting independence in self-care skills.

As hand washing is important now more than ever please use this link to help to promote hand washing with your child <https://www.youtube.com/watch?v=S9VjelWLnEg>

8-20m

“Can actively cooperate with nappy changing (lies still, helps hold legs up).”

- Sing a song to keep your engaged during nappy changes (peek a boo game)
- Encourage your child to get their own nappy when it's time to changing time

16-26m

“Shows a desire to help with dressing /undressing and hygiene routines.”

- Encourage your child to get their own nappy when it's time to changing time
- Encourage your child to put on their own socks

22-36m

“Helps with clothing e.g. put on hat, unzips zipper on jacket, takes off unbuttoned shirt.”

- Encourage your child to put on own coat, hat and boots with support. Challenge your child to do it as quickly as they can, you could use a stopwatch once they're competent at achieving the task in order to challenge their own achievement.

30-50m

“Dresses with help, e.g. pulls up own trousers and pulls up zipper once it's fastened at the bottom.”

- At bedtime encourage your child to put on their own pyjamas. See if they can do it before a song that is playing ends.
- Teach your child to zip up their coat, this can be a real challenge for some children!

40-60m

“Shows some understanding that good practices with regard to; exercise, eating, sleeping and hygiene can contribute to good health.”

- When brushing teeth, talk about why is this so important. Use a 2 minute timer on your phone to show when the time is up.

Early Learning Goal (reached typically by the end of the Reception year)

Children know the importance of good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene needs and personal needs successfully, including dressing and going to the toilet independently.