

Self-confidence and Self-awareness

Focus on your child's well-being and help them to understand that they have their own thoughts and feelings.

Why this is important:

This is an important activity for building up your child's understanding of themselves and others. It will also support your strong relationships and help your child in the ability to create healthy relationships with others.

Spending 1:1 time with your child is an amazing opportunity to really cherish each other's company and enrichen your strong bond. You can be spending quality 1:1 time with your child whilst still supporting their learning and development.

8-20 months: Enjoys finding own nose, eyes or tummy as part of naming games

Talking about and finding body parts as part of naming games is a great way to build on your child's self-confidence and self-awareness. Spend some quiet time with your child away from distractions and support them to identify their features by pointing and naming and talk about your own features too.

Encourage your child to find their features, by pointing to identify and you can also use mirrors and photographs if you like.

It is important for your child to start to understand different body parts so that they can recognise their own features and begin to understand that we all have similarities. It will also support your child to communicate if there is something wrong, by pointing or a saying a certain word.

16-26 months: Gradually able to engage in pretend play with toys

To support your child to gradually be able to engage in pretend play with toys. Spend some one to one time with your child to help them to express their imaginations. You can do this by using toys of their interests such as baby dolls, tea sets, kitchen and vehicles. For example, pretending to feed their baby doll and then putting them to sleep or using their interest in vehicles to act out and make believe that they are on a journey to one of their favourite places e.g. seaside, farm or shops. As your child moves their vehicles around you can talk to them about where they are going and support them to express their ideas. This is important as it will help support your child to understand that their own thinking may be different from others when expressing their imagination.

22-36 months: Gain the ability to express own preferences and interests

An activity to encourage this is to offer your child a choice of a few accessible activities. For example, setting out a small pile of bricks, a train or car (to represent

train/car play) and a pile of paper and crayons to represent mark making. You and your child then have the perfect opportunity to discuss the activities and your child can talk about which activity they like and which one they would like to do with you. You and your child now have a lovely activity to spend some 1:1 together doing, enjoy!

This is important to your child's development as they will see that they are free to express their own interests and will feel valued when they are listened to.

30-50 months: Enjoys responsibility of carrying out small tasks

You can support your children by involving them when completing small tasks around the house, for example helping at washing up time, they could do some drying and storing the items back away safely. Also, any other small cleaning jobs around the house you could make a small game out of it, for example lucky dip. On a piece of paper, you could write down a few jobs that are available to do around the house and let your child pick one out at a time. To encourage your child that it's fun and interesting to clean and tidy. Whilst your child is cleaning, you could sing a few familiar nursery rhymes and songs together.

From letting the children become involved in small tasks around the house this will give them a sense of independence and will value the praise they receive at the end of each small task. It would be lovely if you could take photos throughout these small tasks and upload them to your child's tapestry, this will be a lovely way for us to communicate also.

40-60 months: Confident to speak to others about own needs, wants, interests and opinions

Supporting your child to become confident in talking about their own needs, wants, interests and opinion, you could take part in small 1:1 time with your child and take it in turns to talk about each of these. Your child will enjoy spending time with you as well as talking about their feelings and needs. This will also be a great opportunity for you to create a strong bond with your child. Your child will feel safe and secure being able to talk to you about how they're feeling, and from talking about their interests you could create a game or an activity out of it.

It would be lovely to hear some feedback on tapestry, and I hope you enjoy spending some 1:1 time with your child, enjoy.

Early Learning Goal (typically achieved by end of Reception)

Children are confident to try new activities, and to say why they like some activities more than others. They are confident to speak in a familiar group, will talk about ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.