



Understanding the Early Years Foundation Stage

A Guide for Parents



What is the Early Years Foundation Stage (EYFS)?

Every Child is an individual and deserves the best possible start to life. The EYFS sets out standards for the learning, development and welfare of children from birth to five years of age. It explains the skills, knowledge and understanding that children must learn to support their healthy development.

- It helps very young children acquire the skills they will need to learn at school and beyond.
- It encourages learning through indoor and outdoor play, discovery and other activities that stimulate and entertain your child.
 - It's a fun and flexible framework that is focussed around seven areas of learning and development (see opposite).
- Early years practitioners use the framework to help them plan for learning and healthy development of the children in their care.

How can I find out how my child is progressing?

It is important that you and your child's Key Worker communicate and work together. You will have ongoing discussions and conversations regarding activities that will benefit your child.

Your Key Person will continually observe and informally assess your child and record feedback in a Learning Journey. You can request to see this observational feedback about your child's development at any time.

Along with the general assessment, The Nurturing Tree will also conduct a formal assessment of your child. This is the **Progress Check at Age 2** assessment. This usually takes place when your child is between two and three years old. Your child will be assessed in the three prime areas within the EYFS framework.

This can also ensure for the early identification of any developmental issues.

The Progress Check at Age 2 assessment will identify where your child is progressing well and where they may need some extra support and assistance, as well as how parents and other members of your family can work together to help.

How can I help support my child's learning?

Parents have a really important role to play in their child's learning and development. All the exciting activities that you do with your child at home, as well as all of the everyday situations you experience, offer fantastic opportunities for children to learn, explore and discover. What's more, children benefit when the influential adults around them work in partnership – whether that's mum, dad or grandparents, everyone working together can really help to make a positive impact on your child's development.

This is why The Nurturing Tree will encourage you to share your child's "at home" experiences and achievements. This might be through information discussions at collection and pick up times, or through written communication in diaries and wow notes. This information sharing will help your setting to plan for and support your child's development and journey.

Over the page are some ideas on how to help your child's learning and development at home

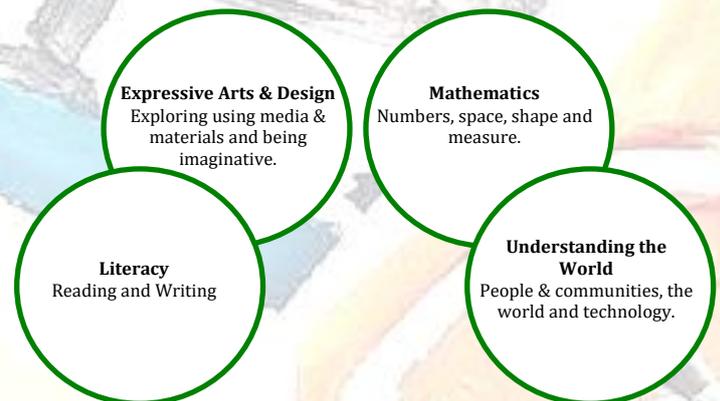
What will my child be learning?

Your child will be learning skills, gaining new knowledge and demonstrating their understanding through the seven areas of development.

These are divided into **three prime areas** and **four specific areas**:



The three prime areas are the most crucial for a child's healthy development. As your child grows, these prime areas will help them to develop skills in the following four specific areas:

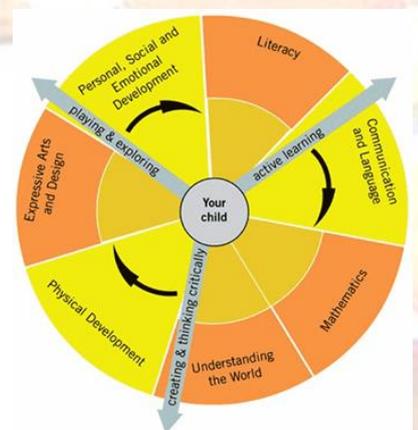


How will my child develop in these areas?

Children in the EYFS learn and develop in the seven areas by playing and exploring through active learning and by being creative and thinking critically. This takes place both indoors and outdoors.

While your child is at The Nurturing Tree, they will be provided with activities and opportunities designed to help them work towards these seven areas.

Your child's Key Person plays an important part in this process, they will plan activities and experiences to promote your child's learning and development as well as conducting on-going observations to track and assess your child's achievements and progress against the EYFS Early Learning Goals. Your child's Key Person will then put this information together to show how your child is progressing.



Birth to 11 Months

- As you go about your everyday tasks, respond to your baby's babble e.g. discuss what you're doing as you get ready for the day.
- Recite poems and rhymes or read a story together.
- Call your child by their name – directly address them when talking so they can also see your facial expressions.
- Let your child move about on their tummy, allowing them to roll and kick about.
- Let your child get involved with jobs e.g. they can hold your shopping list while you do your supermarket shop, or let them hold their packet of wipes when you change their nappy.

- Make a treasure basket – collect scraps of material, boxes, coloured paper, and different texture objects and let your child touch and explore.
- Tell a story when you're getting your child ready for bed. If you're reading from a book, let your child hold it and try to turn the pages.
- Sing songs, or invent rhymes!
- Let your child look in a mirror and explore their reflection: talk to them and say their name.
- Encourage your child to pick up and explore their food (under supervision), as well as trying to feed themselves with a spoon.

8 to 20 Months

16 to 26 Months

- Talk about what you see when you go outside – count birds, flowers and talk about the sounds you hear.
- Let your child get messy outside – play in sandpits, splash in puddles.
- When you're preparing breakfast talk about what you are making, who you are making it for and the choices available, so your child can learn to share and make choices.
- Let your child be imaginative – give them crayons/paint/chalk and paper to explore with.

- Let your child help you with chores like putting shoes away, washing up or tidying clothes. Talk to your child about what you're doing, using new describing words.
- Hold a play date – let your child play and socialise with their friends from your childcare setting.
- Give your child household objects (e.g. pots and pans) to make new sounds.
- Encourage imaginative den making from old sheets and clothes.
- Play counting games and sing counting rhymes.

22 to 36 Months

30 to 50 Months

- Let your child build with old cardboard boxes and (safe) recyclable items. Talk together about what your child is building and why.
- Give your child old clothes and objects to play dress up games.
- Talk about your plans for the day, and then discuss them at the end of the day – what did your child like/dislike? Why did you do certain activities?
- Read a recipe together as you bake and let your child practise stirring or using cookie cutter (under supervision).

- Ask questions as you read a story together – why has something happened? What are your child's thoughts? How could the story end?
- Invent silly rhyming words or number games.
- Use different voices when reading a story or ask your child to guess who you're trying to impersonate.
- Talk about safety when doing everyday tasks e.g. crossing roads, cooking in the kitchen etc.
- Play ball games outside e.g. throwing balls into bowls.
- Supply a craft box and let your child choose to make something e.g. castles or robots from boxes, coloured paper and sticky tape.

40 to 60 Months