



HOW TO SUPPORT YOUR CHILD AT HOME

Top Tips for success in
Early Years and beyond



PARENT AND CHILD INTERACTIONS

- More time spent on phones by parents leads to fewer parent-child interactions and these are crucial for cognitive and social development.
- Time spent with a parent reading a story, singing nursery rhymes, completing a jigsaw or just simply playing with their toys will help your child enormously with their language development.





SCREEN TIME

- Children between the ages of 2 and 5 should only have 1 hour or less of screen time daily.
- Too much screen time can negatively impact children's listening and attention skills, early reading skills and language development.
- If your children are having screen time at home, ensure this is balanced equally with face-to-face interactions, just a simple conversation, turn the screen off and get down to your child's level.

PHYSICAL DEVELOPMENT

- Children need lots of opportunities to develop their gross motor skills these include climbing, running, jumping etc.
- Children aged 5 and under should have 180 minutes of physical activity in a 24 hour period. This could include playing in the park, throwing and catching, using a scooter, walking to and from the shop or school.



PHYSICAL DEVELOPMENT

- Children should not be inactive for long periods of time, except when they are asleep so minimise time spent in a pram.
- Physical activity is vital in children's development, enabling them to pursue happy, healthy and active lives.





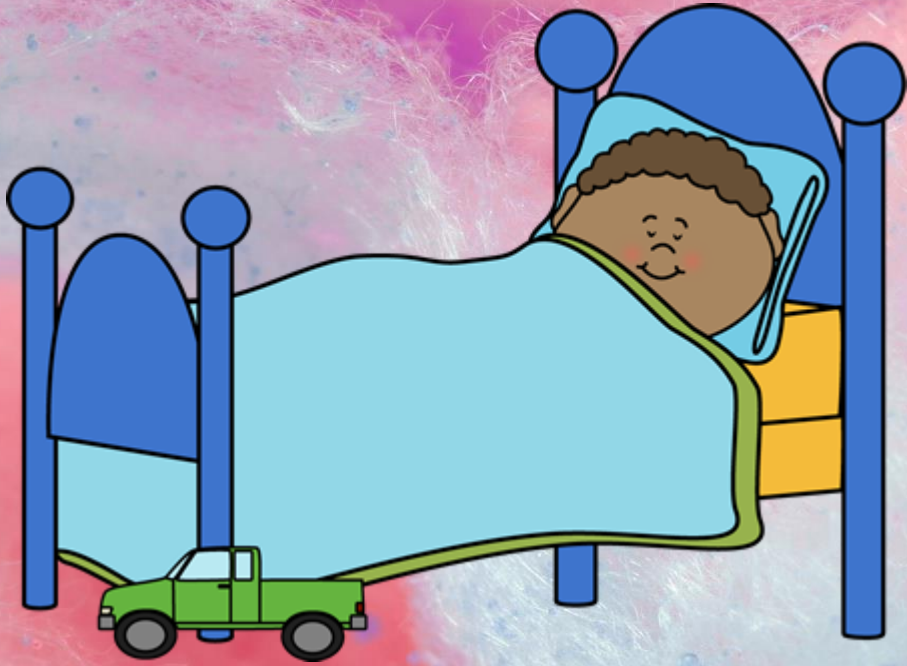
RECOMMENDED SLEEP GUIDE

- Children aged 2 should have between 11 and 14 hours sleep each day (including naps).
- Children aged between 3 and 5 should have between 10 and 13 hours sleep each day (including naps).
- Children aged between 6 and 12 years old should have between 9 to 12 hours sleep (including naps).



BEDTIME ROUTINE

- A bedtime routine can begin 30 minutes to two hours before bedtime and can include activities to help wind down such as a warm shower or bath and reading a story.
- Sticking to a set pattern each night will help your child settle before bed and give them the time to calm down before sleeping. Going to the toilet as the last task before bed can also reduce the need for your child to wake in the night.



WHY IS SLEEP IMPORTANT?

- Sleep promotes memory consolidation which is crucial for understanding new information.
- Sleep deprivation negatively affects concentration and focus, making it difficult to learn new things.
- Lack of sleep can lead to decreased attention in school, impaired memory and reduced creativity.



MORE TOP TIPS FOR SLEEP

- If your child is afraid of the dark, consider using a nightlight or leave a landing light on.
- Do not let your child look at tablets or phones in the 30 to 60 minutes before bed – the light from screens can interfere with sleep.
- If your child wakes in the night, be as boring as possible to avoid exciting them and keep lights off.
- Avoid long naps in the afternoon



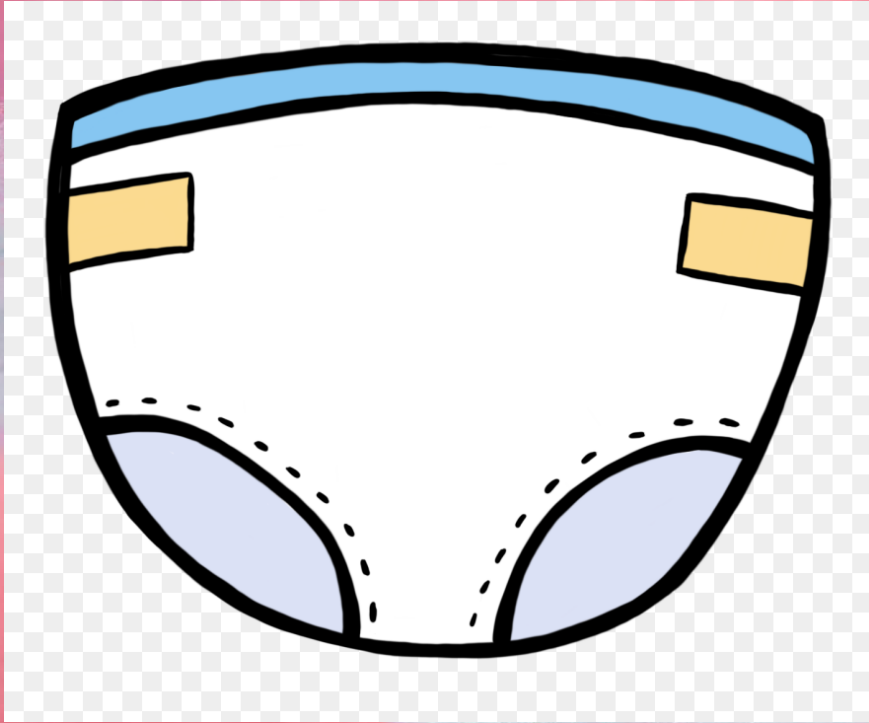
BOTTLE AND DUMMY USE

- The NHS recommend discontinuing the use of a dummy or bottle by the age of one.
- This is due to the negative impact on speech sound production. Many speech sounds are made at the front of the mouth (i,e,p,b, t, d and s). Regular bottle and dummy users will struggle to develop these sounds and may then need speech therapy.
- Your child needs to stop drinking from a bottle by the age of 1. If they continue bottle or dummy use, they may get tooth decay, ear infections or have low iron.



STEPS TO STOP THE DUMMY OR BOTTLE

- Organise a special day for the bottle or dummy to be collected by a fun character like the Bottle Fairy.
- Remove the bottle or dummy from the house and replace it with a special treat like a new toy or colouring book.
- Replace the dummy or bottle with lots of distraction and support your child to develop other ways of self-soothing and comforting. Try using a favourite blanket or toy for comfort.



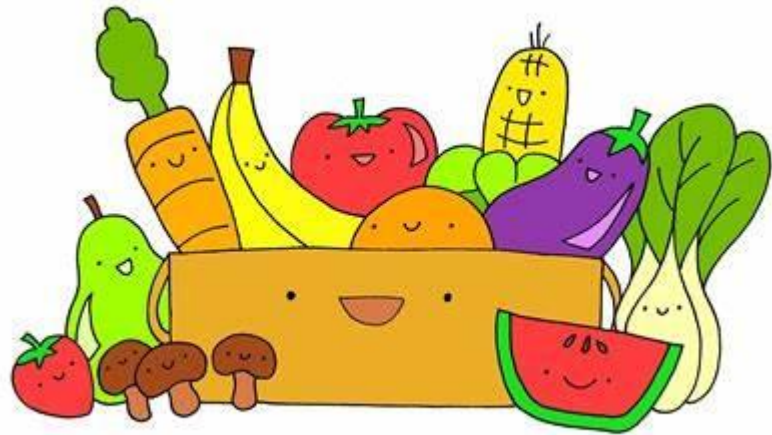
TOILETING

- A recent early years report has found that children are losing on average, a third of their learning time each day due to teachers diverting their time from teaching to changing nappies.
- As a school we will be launching 'No Nappy November' for children in Nursery upwards.



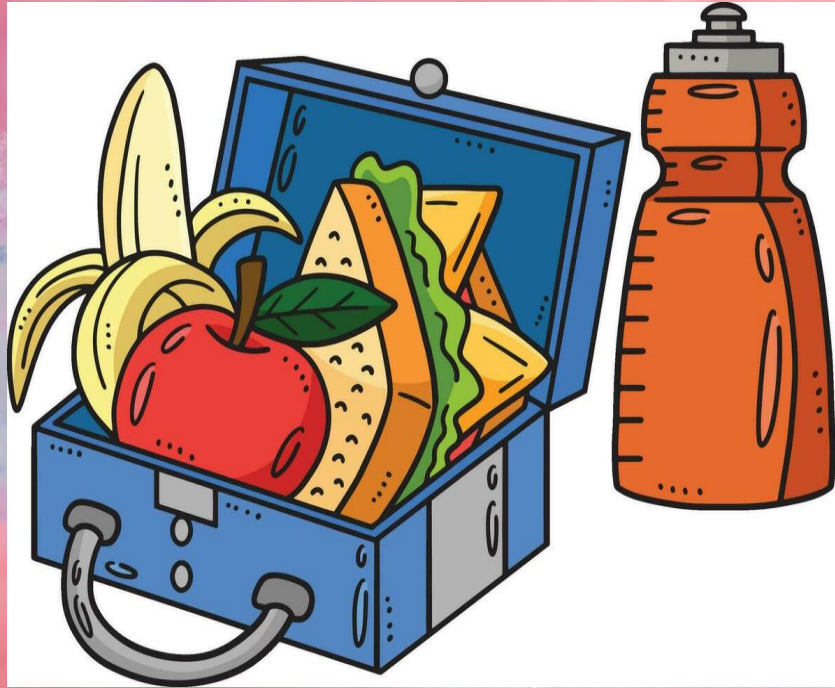
TOP TIPS FOR TOILET TRAINING

- Read picture books about toilet training and have a potty in the house you can use for role play with teddies.
- Have a sticker chart to reward your child each time they sit on the potty or toilet.
- Try to remain calm, patient and positive. There will be accidents – but your child will get there!



A BALANCED DIET

- Children need regular meals and snacks to give them the energy and nutrients to grow and stay healthy. Children aged 5 and under are growing rapidly and have high requirements for energy.
- Food and eating should be enjoyable and fun! Let children help with cooking, by putting foods in the pan or help with chopping up soft foods with close supervision.



HEALTHY LUNCHBOXES

- *Lunchbox ideas and recipes – Healthier Families - NHS (www.nhs.uk)*



ORAL HYGIENE

- Foods that are high in fat and sugar such as biscuits, cakes, chocolate, sugary drinks etc can often lead to tooth decay. It is important avoid giving your child frequent sugary drinks, snacks or sweets to protect their teeth and overall health. Sugary snacks should be limited to twice per week.
- All children get free dental care with the NHS. Children should be registered with a dentist to ensure they have good oral hygiene.



TOOTHBRUSHING TOP TIPS

- Ensure your child brushes their teeth twice a day.
- Set a timer – can your child beat the clock?
- Get a teddy or doll to pretend to brush their teeth.
- Play at looking for hidden treasure in their mouth whilst you brush their teeth.

ATTENDANCE

- Coming to school every day is essential for your child to make good progress, become confident learners and have a wide circle of friends.
- Children with poor levels of attendance can struggle at school both academically and socially.
- Please ensure your children have the best start to their education by bringing them to school every day.





USEFUL WEBSITES

- **Tiny happy people**

[BBC Tiny Happy People](#)

- **Healthier families**

[Healthier Families - Home - NHS \(www.nhs.uk\)](#)

- **NHS website**

[Physical activity guidelines for children \(under 5 years\) - NHS \(www.nhs.uk\)](#)

- **ERIC website**

[Toilets and school readiness - ERIC](#)