

This leaflet has been produced by Babcock LDP in conjunction with your local Children's Centre. and is based on advice from the Early Years Foundation Stage framework.

Your Children's Centre can provide further help and advice on supporting your child and provides activities and groups for parents and children under 5.

Your local Children's Centre is:

Whipton Children's Centre

Hill Lane

Exeter

EX1 3JP

Tel: 01392 464754

Email: exeterchildrenscentres@actionforchildren.org.uk

Website: www.surestartexeter.org.uk

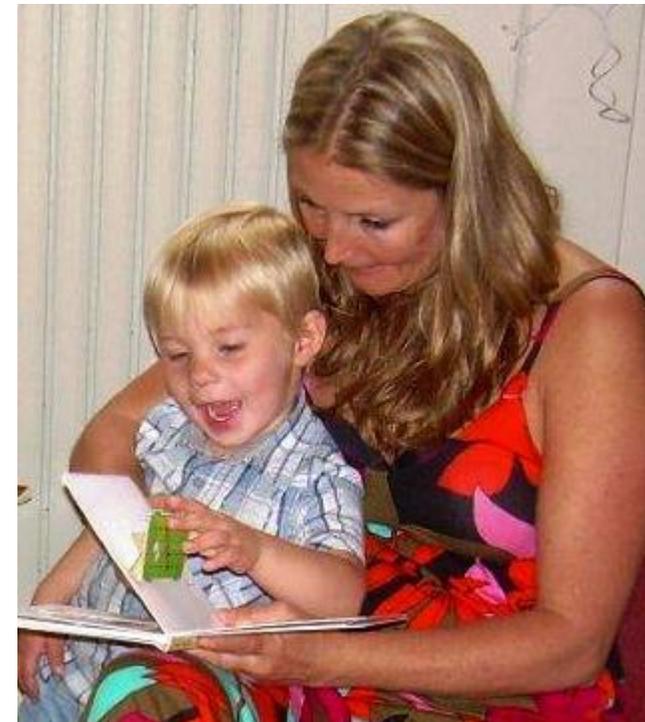
Useful websites

www.foundationyears.org

www.talkingpoint.co.uk



Your Toddler



This leaflet is to support learning at home

Your Child's Personal, Social and Emotional Development

Your toddler will be very interested in you and love playing with you and other familiar adults. . These special relationships are important for your child to build confidence and self-esteem.

Your child will gradually become more interested in other adults and children and seek their company. Your child may start to play alongside other children although they will not be ready to share until they are older.

Top Tips

- Make opportunities to play with other children, at home with friends, or outside at locally run groups such as your Children's Centre. Your toddler will enjoy the chance to meet other children, and so will you.
- Be available when your child explores so they have a secure person to come back to.
- Play cooperative games such as rolling a ball to each other, peek-a-boo with scarves to make it more fun.
- Start to name feelings such as happy and sad, both for you and your child. This will then give them words to understand and express how they are feeling.
- Develop your child's independence by giving simple choices such as 'Apple or banana?' for a healthy snack.
- Let toddlers take the lead and choose which toys and books they want to play with, and how they want to use them.
- Provide safe objects you can find in your home or outdoors for your child to explore eg cones, shells, wooden spoons, colanders.
- Share photos of families, friends and pets as talking about them will give them a sense of the people in their world.

- Your child will love you engaging in pretend play with them such as having a tea-party, playing shops, going on a bus ride. They will learn to share and appreciate other people's ideas.
- With your support and encouragement your child will enjoy the challenge of solving simple problems eg how to get a sock that has fallen out of reach.
- Give your child the words to ask for help when a challenge becomes too hard eg 'Help, please'.
- If your child is going to spend time away from you, discuss with the setting or childminder good ways to settle and engage your child in advance of leaving them for the first time. Plan some short visits before the first session so your child is familiar with the staff and building. Talk about where the child is going in between visits to reassure your child that it will be a safe and enjoyable experience.
- Encourage your child to explore and be adventurous when you go out on trips, whilst protecting them from possible dangers.
- When toddlers are anxious or upset, acknowledge how they are feeling by saying 'I can see you are feeling sad.....' and reassure them.
- At this age many children will have times when they feel frustrated or angry. Show them you understand and help them calm down. Give them lots of opportunities to make choices and express their needs to lessen the likelihood of them becoming frustrated eg in groups of children find out if more than one toy of the same kind is available.
- Keep simple, consistent routines and boundaries as this will help your child to feel secure.





Communication

Did you know that children between 18 months and 2 years can learn 8 words per day? Toddlers are developing their language at a tremendous rate and are building up a large store of words. Give them lots of opportunities to hear new words and repeat them, even if they can't pronounce them correctly yet. At this age they understand much more than they can say.

Toddlers learn best by having conversations with adults. Talk about what you are doing with your toddler throughout the day. It does not matter what you talk about. It could be doing the washing up or making breakfast. Just keep your sentences simple and clear. Give your toddler the best chance to tune into what you say by making some time every day when you turn off the TV or radio.

After the age of 12 months, keep dummies for night time only and gradually reduce your child's dependence on them. Over time, they can affect the development of the muscles around the mouth and affect speech. Speak to your Health Visitor or Children's Centre for more information.

Top Tips

- Talk about what your toddler is interested in. He or she may be fascinated by a ladybird and would love you to talk about it.
- Where you can, try and position yourself face to face with your toddler, and at the same level, as this will mean he or she can concentrate on you better and understand more.
- Listen more than you talk. Your child will get more chance to try out his or her own talking.
- Make time to recite rhymes and songs, repeating words over again so your toddler learns through repetition. Encourage your toddler to make movements and sounds even if they are not the same as the original sounds as this will give them confidence and help develop their language.
- Listen for sounds in the environment eg a bus driving past, birds in a tree, crunching leaves and copy the sound. At home focus your toddler's attention on the sounds pets make, if you have them, or the wind and rain, or a buzzer or doorbell. Things that you may hardly notice are fascinating for young children.
- Read stories with lots of pictures and actions and make the sounds for your child to join in with. Keep the stories fun by adding puppets and toys. Stories with animal and vehicle sounds are good for encouraging children to join in even if they can't say many words yet.
- Make every experience a chance to learn more language. Point out new words and repeat familiar ones so your child becomes confident and tries to say them, too. Show them that you appreciate their efforts and give them time to understand and respond.
- If your toddler says a word unclearly, repeat it back in the correct way rather than saying it is wrong.
- As your child becomes more confident, add a new word to what your child says eg 'big car' becomes 'big noisy car'.

Physical Development

Toddlers love being physical and building up confidence in their new skills. Provide lots of opportunities for them to move, indoors and out. Give them lots of opportunities to explore. You know your child best and can judge when they are ready to move on to new challenges. When they are ready, support their increasing independence by holding their hand to walk upstairs and letting them crawl backwards down the stairs on their knees. For feeding, too, you can start to let them feed themselves with their fingers or use a child-sized spoon or cup.

Some children love to repeat movements and find every opportunity to use these skills eg throwing things. Make this a positive experience for you both by making it into a game eg throwing light balls into a box and encouraging your child's skills and independence at the same time.



Top Tips

- When your child is ready, support your child's increasing independence by holding their hand to walk upstairs and letting them crawl backwards down the stairs on their knees.
- Start to let your child feed themselves with their fingers or use a child-sized spoon or cup.
- Some children love to repeat movements and find every opportunity to keep practising these skills eg throwing things. Make this a positive experience for you both by making it into a game eg throwing light balls into a box and encouraging your child's skills and independence at the same time.
- Push-a-long toys, trundle trikes, large cardboard boxes, pop-up tunnels and tents can all provide your toddler with ways to use their energy, indoors or in the garden.
- Use music to encourage them to dance and explore rhythms. Add a few instruments and scarves to add to the fun.
- Create a collection of plastic pots and containers for your toddler to fill with sand in a sandpit, or water in the bath. You could also add a collection of spoons in different materials and sizes.
- Encourage your toddler to enjoy the feel of different materials eg damp sand, jelly, paint, dough
- Give your toddler the chance to try out different types and sizes of tools for mark-making eg fat paintbrushes, shaped crayons
- Choose toys with flaps, keys and buttons to encourage your child to use his or her fingers to manipulate them.
- Encourage your child to build using large or small cardboard boxes or wooden blocks. This will develop muscles and their awareness of space.
- Give your child the experience of using household equipment such as a small dustpan and brush. It will help them develop their physical skills and make them feel very grown-up!