



# Supporting your child's learning at home

guth na luathbhlianta

This booklet was devised to advise parents on how they may support their children's learning from home.

This information within has been collated from Altram publications, documentation from the Department for Education, including the curricular guidance, and drawing upon the experience and expertise of our Early Years team.

Further resources have been devised in response to parents wishing to support language children have acquired during their preschool year. These language support packs along with other Altram publications can be found [here](#).

Parents are not expected to try and recreate a preschool environment, the home is the perfect environment for children to explore and develop key skills.



Did you know that preschools aim to make their learning environment similar to the home environment?

### Top Tips

1. The home is a great environment for learning, use whatever you have indoors and outdoors, that is safe
2. Incorporate fun, children learn more through play and when active are more likely to engage
3. Take regular movement breaks, children are not made to still for too long.
4. Get the whole family involved
5. Take a relaxed approach, but stick to a flexible routine



This helps children in making connections to the outside world promoting thinking skills through authentic experiences.

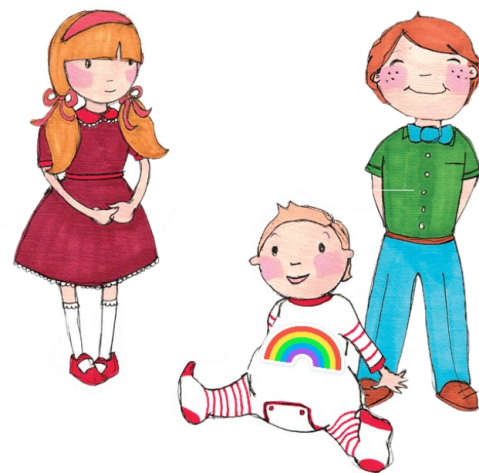


## An Ghaeilge

Try not to worry if you don't have much Irish.

Remember to:

- Use what you have and use it often.
- Sing any action songs your child may have learned in Irish with them.
- Use any resources that have been sent home.
- Check online pages such as Altram [Facebook](#) page and [website](#) for key phrases and phonetics.
- Seek out other resources books, apps, TV shows, games
- Look out for other tips



## The Arts

**Art;** Allow children to make their own creations using recyclable materials \*arts & crafts are a great opportunity to repeat key words

Talk to them about what they are making and the story behind it. \*repeat the key words back to them in Irish Don't be worrying if you cannot see a clear image in your children's art/drawings, all children develop at different stages

**Music;** allow children to enjoy and explore different music, sing nursery rhymes and children's songs with your child, have fun and make your own musical instrument for a band.

\*listen to children's songs in Irish

**Drama;** Encourage children to take part in imaginary play as they dress up and act out different scenarios, going to the shop, on holidays, on the bus, the home.



## Language and Literacy

**Mark Making & Writing;** provide children with a range of writing materials, you may wish to provide them with context to mark make such as shopping list etc. (not all children will be forming letters at this stage, don't worry, they will develop this skill through time)

**Talking and Listening;** practice turn taking in talking, give your child your full attention when they are talking to you, wait until they are finished talking before replying, you can explain that you listened to them when they were talking, keep practising this with your child.

**Reading with your child;** Read as much as possible, use books that contain rhyme and classic stories, encourage child to retell the story in their own words using the pictures. Show the child how to hold a book & turn pages. Sentences go left to right, that words having meaning, point out text and words in the home. \* Use the publications by [Altram](#) to support you in reading in Irish to your child



## Personal Social Emotional

- **Developing Independence;** encourage children to dress themselves (including zipping & buttoning) brushing their teeth, putting on shoes. Help set up meal time, buttering their toast, pouring their drinks. Praise your child for efforts made.
- **Turn taking;** play games that children will have to share resources and take turns.
- **Expressing their emotions;** talk openly to your child about their feelings, name them, "I can see that you're \_\_\_\_\_" then recap what happened, you can recall past events too, if the child is upset or angry, after naming the emotion, offer practical solutions to support your child for example; "it's okay to be sad/angry, you can't hit, but you can \_\_\_\_\_"
- Refer to language resources regarding emotions and praise.



## Physical Development

- **Co-ordination & Balance;** working big muscles can be done indoors and outdoors, kicking a ball, running jumping hopping. Skipping; games from our childhood, Simon says and clapping games, balancing on one leg, walking a line or on cushions. Counting and reference to shape can be used during physical activity.
- **Developing muscles in the hands and finger grip;** let your children explore different writing materials, chunky pencils, skinny pencils, paint brushes, playing with dough is brilliant for developing muscles, ripping paper and masking tape to join materials in art activities or building forts.

\*Use the key language pages from Altram



Create an enjoyment out of physical activity play fun activities that everyone can join in!





## World Around Us

- Encourage children to help look after their pets and plants at home
- Talk about the changes in the weather and seasons
- Encourage children to talk about themselves, family and friends
- Talk about role of people in the community that they may encounter; postman, binman, shopkeeper, emergency services
- Discuss the seasons spring/summer
- Name parts of the body
- Talk about growth
- Prepare and cook meals together, talk about foods from different countries



## Mathematical Experiences

- **Sorting items;** don't be worrying if you don't have store bought items, use everyday household items that are safe. Talk to children, as to why objects are stored separate or in particular areas. E.g; putting shopping clothes, away , tidying up
- **Routine;** children love routine, it helps to create a sense of security, talk about routine with your child and sequence it, first we are going to \_\_\_\_\_, then we will\_\_\_\_\_. This will not only support the child emotionally but help them develop an awareness of time and support them in transitioning
- **Mathematical Language;** can be used in almost every domestic situation, simply adding these words and comparing object's size, weight, and volume will support your child in understanding these key concepts for r1 - big/small - bigger/smaller - full/empty - more/less - long/short - heavy/light. - Shapes - counting—number correspondence - positional language under/over, above/below, in front/behind, in, on, at.
- **Problem Solving;** Support your child in solving everyday problems, from games to figuring out how to fix an everyday problem such as preparing to set the table. You can support this through key questioning and making suggestions.

