

FOUNDATION STAGE ALPHABET

Attendance: make sure your child is in school every day and on time

Building relationships: help your child to build relationships by talking with them

Concentration: read stories with your child to help them to learn to concentrate

Dress and undress on their own: let your child practise getting dressed in the morning and undressed in the evening

Emotions: talk to your child about how they feel at different times e.g. happy, sad, upset, and scared

Friendships: provide your child with opportunities to make friends and play games with them

Goals: talk to your child about their future goals e.g. I want to write a sentence, I want to learn to ride a bike

Happy: Encourage your child to be happy and confident

Independence: support your child to become independent by letting them do things for themselves

J-A-M: help your child to start learning to read by sounding out words and blending them together

Kind: talk with your child about how to be kind and take care of others

Listening: teach your child to listen to others during conversations

Make mistakes: help your child by allowing them to make their own mistakes, teach them it is ok to make mistakes because that is how we learn

Numbers: help your child to learn to count and recognise numbers from 0 to 10 by counting steps, cars, shopping trolleys, food tins etc.

Outdoors: make sure your child always has a sensible coat and shoes as they will be outside a lot!

Parents: come into nursery or school to work with your child, celebrate events, take an interest in your child's learning, talk with their teachers

Questions: encourage your child to ask questions about the world around them

Read every day: read a book with your child everyday, this could be reading to them or with them

Sharing and turn-taking: play games with your child to help them to learn how to take turns and share; encourage your child to practise these skills with their siblings and friends

Talking in sentences: talk to your child about what they are doing, thinking and feeling. Ask them about what they can feel, hear and see in their environment. Encourage them to engage in conversation with other family members and friends

Uniform: make sure your child has the correct uniform, P.E. kit and outdoor clothing with their name clearly labelled so they can easily find it

Value your child's achievements: celebrate all the wonderful things your child is learning about both at home, in nursery and school. Notice and talk about all they have achieved, no matter how small

Writing: teach your children to write their own name

Exercise: make sure your child is getting enough physical exercise every day - go for a walk or play in the park

Yawn: make sure your child gets to bed on time every night. Have a routine of a 7 o'clock bedtime for Reception and Nursery children

Zips: teach your child how to put on and zip up their coats as well as zip them down and take their coats off