



## Little Adventurers Day Nursery Parents' Guide to the Early Years Foundation Stage Framework

Exciting times ahead for you and your child!

### What is the Early Years Foundation Stage?

Welcome to the Early Years Foundation Stage (EYFS), which is how we describe the time in your child's life between birth and age 5. Although, at Little Adventurers, our focus is from 3 months, up to the end of 3 years. This is a very important stage as it helps your child get ready for school as well as preparing them for their future learning and successes.

### What is the EYFS Framework – why do we have one?

The EYFS Framework exists to support all professionals working in the EYFS to help your child, and was developed with a number of early years experts and parents. The EYFS sets out:

- The key welfare requirements that everyone registered to look after children must follow to keep your child safe and promote their welfare
- The 7 areas of learning and development which guide professionals' engagement with your child's play and activities as they learn new skills and knowledge
- Assessments that will tell you about your child's progress through the EYFS
- Expected levels that your child should reach by the age 5, and the 'stepping stones' that monitor development every step of the way

### What does it mean for me as a parent?

Ensuring my child's safety- Much thought has been given to making sure that your child is as safe as possible.

Within the EYFS there is a set of welfare standards we follow. These include how things like administering medicines and carrying out risk assessments. How my child will be learning The EYFS Framework explains how and what your child will be learning to support their healthy development. Your child will be learning skills, acquiring new knowledge and demonstrating their understanding through 7 areas of learning and development.

Children should mostly develop the 3 prime areas first.

These are:

- Communication and language;
- Physical development; and
- Personal, social and emotional development.

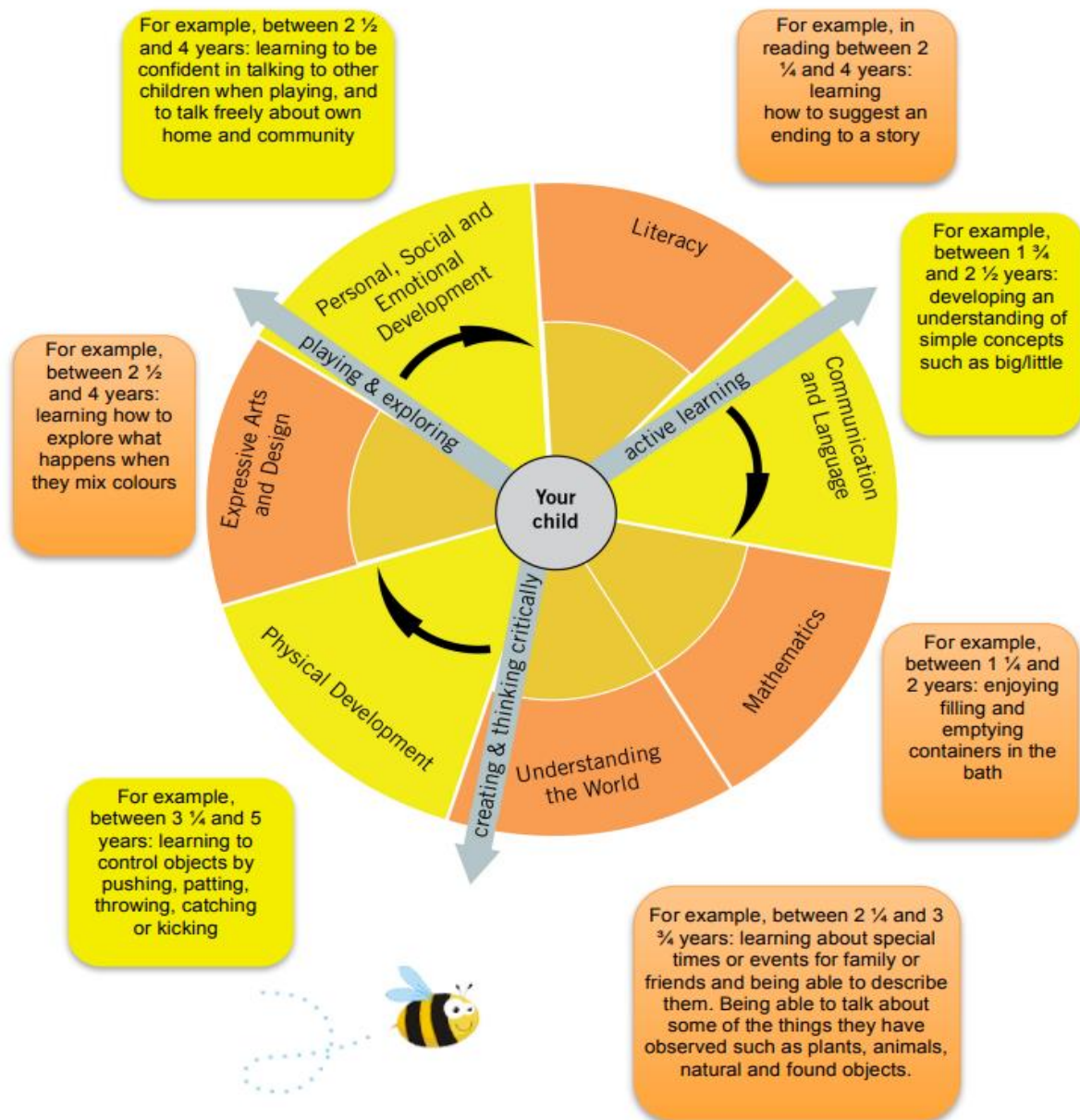
These prime areas are those most essential for your child's healthy development and future learning. As children grow, the prime areas will help them to develop skills in 4 specific areas.

These are:

- Literacy;
- Mathematics;
- Understanding the world; and
- Expressive arts and design.

These 7 areas are used to plan your child's learning and activities. The professionals teaching and supporting your child will make sure that the activities are suited to your child's unique needs. This is a little bit like a curriculum in primary and secondary schools, but it's suitable for very young children, and it's designed to be really flexible so that staff can follow your child's unique needs and interests. Children in the EYFS learn by playing and exploring, being active, and through creative and critical thinking which takes place both indoors and outside.

The diagram below gives examples of the areas of learning and development and shows the links between the way in which your child learns and what they learn.



### As a mum or dad, how can I help with my child's learning?

All the fun activities that you do with your child at home are important in supporting their learning and development, and have a really long lasting effect on your child's learning as they progress through school. Even when your child is very young and is not yet able to talk, talking to them helps them to learn and understand new words and ideas. If you make the time every day to do some of the following things with your child it will make a real difference to your child's confidence as a young learner.



If you're looking for new ideas for things to do then find out what is on offer at your local children's centre. We have Gateshead Baby Hub attending weekly, offering a range of activities for you to enjoy with your child. In addition to many other exciting classes designed for young children. See our Nursery notice board for more information or ask your child's key worker for advice on classes available. Many offer 'messy play' activities which you and your child can join in with, and many of the activities they provide are free. Staff can also give you advice about the kinds of books or other activities your child might enjoy at different ages.

## How can I find out how my child is getting on?

It is important that you and the professionals caring for your child work together. You need to feel comfortable about exchanging information and discussing things that will benefit your child. These conversations will either need to be with your child's "key person".

This is the person who:

- Is your main point of contact within the setting
- Helps your child to become settled, happy and safe
- Is responsible for your child's care, development and learning
- Takes a careful note of your child's progress, sharing this with you and giving you ideas as to how to help your child at home.

You are able to get information about your child's development at any time via our Tapestry App, daily Whatsapp group and we have specific parent sessions three times a year, when you have the opportunity to sit with your child's key worker, and review their developmental file.

You know your child best and we would love for your contribution when it comes to their development file. We want to know about the experiences and 'wow' moments that they have at home and outside of nursery. Speak to your child's key worker if you need any support in sharing or uploading your own photos and experiences.

Try to speak to your child's key person as often as possible about what your child has been doing, what they have enjoyed, what they need to be doing more of and what you can do at home.

