

5 top tips for supporting parents at home



Sherwood Green Nursery

Play offers endless opportunities for children to learn and develop, making it a crucial part of their happiness. Research indicates that children learn best through a mix of child-initiated play, adult-supported activities, and guided learning experiences. Play can happen indoors or outdoors, at any time, and either with others or alone. Children are naturally inclined to explore and discover through play from birth.

What Are the Benefits of Play

Play offers numerous benefits for children's learning and development, including:

- **Developing physical and communication skills.**
- **Enhancing practice skills through repeated activities.**
- **Sparking creativity and imagination.**
- **Improving social skills.**
- **Fostering self-regulation.**
- **Helping children understand the world.**



Time for Play

In our busy lives, finding time to play with your child can be challenging. Remember that play can happen anytime, anywhere. Try guessing games or making up stories while in the car or during bath time. Check out our Sherwood Green social Medias for some amazing activity ideas.

Tiktok and Instagram:

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Top Five Tips for Supporting Play

Use Your Child's Interests as a Starting Point

Children learn best when they are interested, so start with what engages them most. Join in with their play, and even better, find something you both enjoy. If you love gardening, set up a small digging area or plant seeds together. If you're a football fan, play ball games, share facts about your favourite team, or help design a football shirt. Share your interests and have fun together.

Comment on Their Play

Commenting on your child's play helps them hear language in context, aiding their understanding. This is particularly useful for children not yet using words or with limited vocabulary. For example, if they are playing with cars, describe their actions: "Your red car is going around the track and is now parked next to the yellow bus. I think they might have a race!"

Extend Their Learning

You can extend your child's learning during play by asking open-ended questions to develop their thinking skills or adding new resources to introduce different dimensions. Engaging with their play in this way can deepen their understanding and encourage exploration.

Let Them Take the Lead

Allow your child to lead during play. While you can join in, ask questions, comment, and make suggestions, they should be in charge. This helps build their self-confidence, self-esteem, and problem-solving skills.

Allow Your Child Time to Problem Solve

Avoid jumping in too quickly when your child encounters a challenge. Allowing them to make mistakes and discover solutions independently promotes learning through trial and error. Step back and give them time to try things on their own, ensuring their safety at all times..