

A visit to the park

The park has lots of opportunities for your child to move in different ways - jumping, crawling, swinging, balancing and climbing. This helps them to learn about their body and the space around it. Comment on and describe what your child is doing and the achievements they have made. Respond to their movements, commenting on how they move, the positions and directions they take or even counting the steps they make. It's great fun to do this together.



Supporting your child to develop their language

Try to remember to wait and pause, give ten seconds for thinking time, listen to your child and then respond.

Words to share

Up, down, fast, slow, high, low, backwards, forwards

Making it work for your family

By encouraging your child to make different movements and commenting on these, it puts the words into a real context. For instance, when moving on the swing, you could comment 'backwards and forwards' and this will help your child to understand these words more.

Use the words mentioned above in other situations too - you could try walking backwards and forwards and making comments. As your child becomes more confident with these words, try adding new ones such as 'high' and 'low'.



Next time you could try ...

using the words in other situations, e.g., push the scooter backwards and forwards, jump up high or duck down low.

Look all around you, **talk together** about the things you see, **recap together** on what you have enjoyed - children enjoy doing the same activity again and again and again - this really helps them to learn and remember.