



## Listening

Be animated when reading, using different voices and noises to engage your child. Let them choose their favourite stories. Sing songs, nursery rhymes, and make music together. Encourage them to identify household sounds.

## Speaking

Re-reading books helps children learn language and new words. Let them finish sentences, label pictures, and discuss what they see. Look at familiar photos together, encouraging them to share thoughts and feelings. Use a mirror to explore facial expressions.



## Understanding

Encourage your child to identify actions in images—"Who's jumping? Dancing? Rolling?" Start with simple one-step instructions, then progress to two or more, like "Tidy your toys, find a book, and come to the lounge." Order items by size, discussing big and little. Ask questions during activities like baking: "Who are we baking for? What do we need? Where are the eggs?"

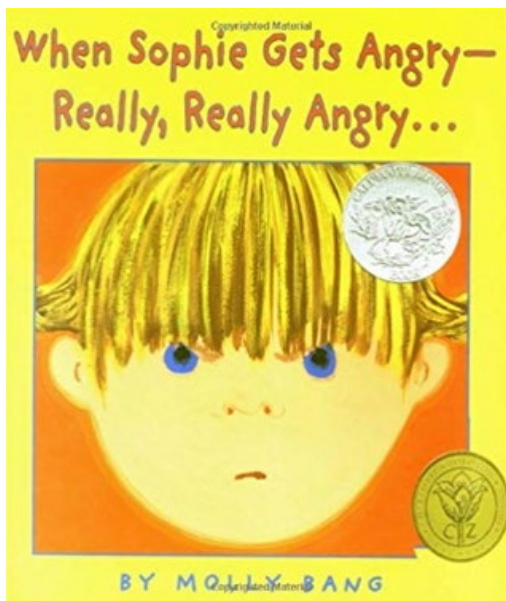
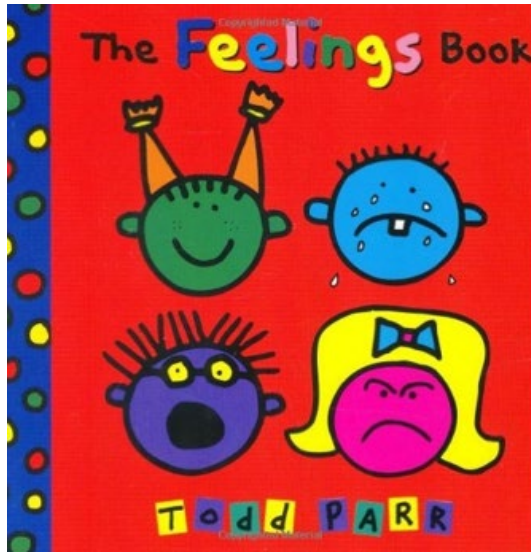


# Self-Confidence & Self-Awareness

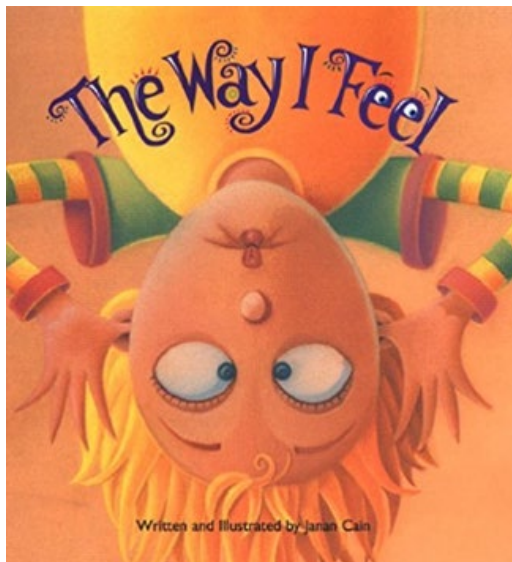


Give your child choices where and when appropriate e.g. what they would like to eat, wear or play with. This will enable them to develop their own preferences and interests.





There are lots of books that model and support responding to our own and other's feelings.

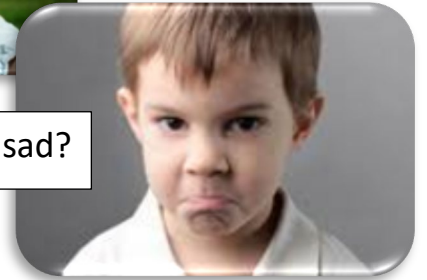




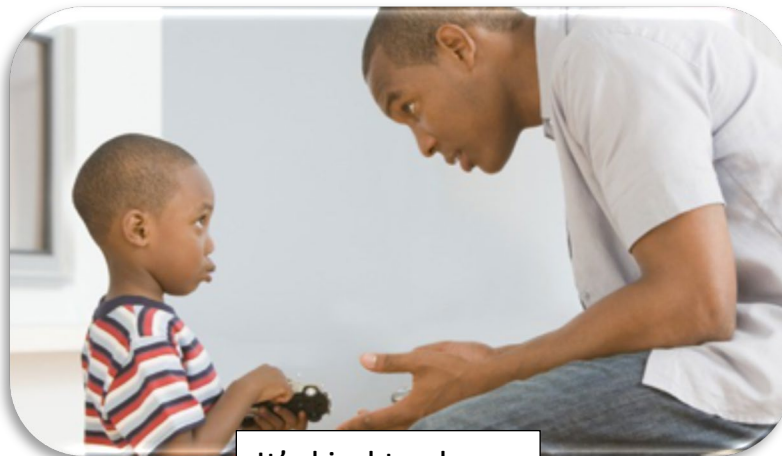
It's good to be kind to our friends.



Why are you feeling sad?



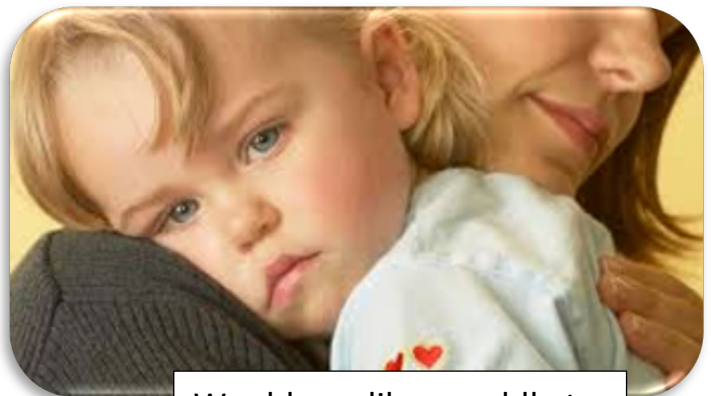
Toddlers need help in labelling their emotions. This is the first step in understanding what they feel and then learning how to respond appropriately. It then supports them in responding to other people's emotions too.



It's kind to share.



I can see you are happy because you are smiling!



Would you like a cuddle to help you feel happy again?



Create cosy spaces that encourage children to come together and talk. Cushions, sheets and your furniture are usually all that's needed.





On playdates, provide and encourage activities that require cooperation and interaction such as ball games.





## Dancing

Pop on some lively music and dance with your child.



## Movement

Practice different ways of moving, such as balancing, hopping, running, stretching and bending .

## Ball Skills

Take a ball in the garden or to the park to allow your child to kick, throw and eventually catch. All of these movements help to strengthen large muscle groups.

## Climbing

Allow your child safe opportunities to climb, they love to push boundaries and see what their bodies can do.





Little hands develop strength and dexterity through play and exploration.



## Dressing & Undressing

Guide your child through dressing and undressing, allowing practice during unhurried moments.



## Independence

Encourage your child to feed themselves and transition to an open cup.

## Food Choices

Discuss healthy food choices and offer a variety of foods in different forms (raw, cooked, whole, peeled, or sliced).



## Toileting

Encourage toileting independence with tools like a potty or adapted seat, along with time and support. A toy or story can make it a relaxed experience.