

EYFS BULLETIN

AUTUMN 1 EDITION

HOW TO RAISE A LITTLE CHATTERBOX!

Did you know that children learn to talk through conversations with you? Research shows that children develop language through back-and-forth interactions with adults. Talking, listening, playing and responding to your child help their brain grow and their language develop. Watching videos or playing educational games on screens cannot replace real conversations. Research has also found a link between too much screen time in young children and delays in communication.

Routledge & CRC Press

Here are some simple ways to get your little one chatting! Talk about everyday activities, read books together, sing nursery rhymes, ask questions and give your child plenty of time to respond. Follow their interests and turn everyday moments into conversations. Our challenge this week: Put the screens away for just 10 minutes each day and enjoy uninterrupted talking and playing with your child.

Remember, children learn language best through real human interaction. Your time, attention and conversations are more valuable than any educational app! Little conversations today build confident communicators tomorrow!

WATCH A POWERFUL MESSAGE TO PARENTS



We'd Love to Hear from You!

Have an idea or a topic you'd like us to cover in the next edition of our EYFS bulletin? We'd love to hear your suggestions!

✉ Email us at eyfs@williambyrd.school



How to Support Pencil Control

Good pencil control helps children with handwriting and many other skills. Here are some simple ideas you can try at home to strengthen the fingers and encourage a comfortable, correct grip.

1 Use a rubber band
Place a small rubber band around your child's thumb and first two fingers. This helps them to hold the pencil in the correct position (tripod grip).



2 Try a pompom
Place a small pompom or cotton ball in the palm of your child's hand. This encourages them to use their fingers to hold the pencil instead of a whole-hand grip.



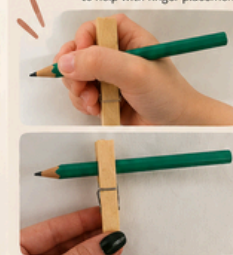
3 Use a pencil grip
A pencil grip can help your child find a comfortable and correct finger position. There are many different styles available.



4 Try a pencil tie
A hair tie or elastic band can be used to create a simple pencil grip. This helps your child to keep their fingers in the correct place.



5 Use a clip
A wooden peg or similar clip can be used as a simple tool to help with finger placement.



6 Try a foam grip
You can make a simple foam grip using a soft craft foam shape, or buy one ready-made. This can help your child hold the pencil more comfortably.



Remember...

- ✓ Practise little and often.
- ✓ Make it fun and relaxed.
- ✓ Try different ideas to see what works best for your child.
- ✓ Combine with activities that build hand strength, such as play dough, threading beads, squeezing and mark-making.
- ✓ Every child develops at their own pace.

Small steps
make a big
difference!

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WHY ARE ROUTINES SO IMPORTANT?

Did you know that simple daily routines help children feel safe, secure and confident? When children know what to expect, they feel more settled and are better able to manage their emotions. Regular routines also help children develop independence, language and important life skills. How can you help at home? Try to keep mealtimes, bedtimes and morning routines consistent. Give your child plenty of warning before changing activities, encourage them to help with everyday tasks and make time for a bedtime story together. Remember, routines don't have to be rigid! A little flexibility is important, but having a predictable structure helps children feel secure. Our challenge this week: Create a simple bedtime routine together. A bath, pyjamas, a favourite story and a cuddle can make a wonderful end to the day. Happy, predictable routines help little ones thrive!



Top Tips for Creating Happy Routines at Home

- 1. Start the day positively ☀️ – Encourage your child to get dressed, brush their teeth and put on their shoes in the same order each morning. Use a picture chart to help!
- 2. Make mealtimes family time 🍴 – Put screens away, eat together when possible and enjoy chatting about your day.
- 3. Make tidying up fun 🧸 – Sing a tidy-up song and encourage your child to put toys away before starting a new activity.
- 4. Create a calming bedtime routine 🌙 – A bath, pyjamas, brushing teeth, a favourite story and a cuddle can help your child settle for sleep.
- 5. Prepare your child for changes ⌚ – Give gentle reminders, such as "Five more minutes, then it's time for dinner."



SCAN HERE IF YOU WOULD LIKE TO TRANSLATE THIS BULLETIN

What time is your bedtime?

Did you know that getting enough sleep helps your child grow, concentrate, learn and manage their emotions?

A regular bedtime routine helps children feel safe and secure and prepares them for a busy day of learning and play.



How much sleep does your child need?

Recommended total sleep in 24 hours, including daytime naps.

Age	Hours of sleep
 4 – 12 months	12 – 16 hours
 1 – 2 years	11 – 14 hours
 3 – 5 years	10 – 13 hours
 6 – 12 years	9 – 12 hours

Every child is different, and younger children may need daytime naps.

Our challenge this week!

Try introducing a screen-free bedtime routine and enjoy a story together every night.

Top tips for a calm bedtime routine

- 1.  **Keep it consistent**
Aim for a similar bedtime and waking time every day, including weekends.
- 2.  **Switch off screens**
Put phones, tablets and televisions away at least an hour before bedtime.
- 3.  **Create a calming routine**
Try a warm bath, pyjamas, brushing teeth, a bedtime story and a cuddle.
- 4.  **Make bedrooms sleep-friendly**
Keep the room quiet, comfortable and dimly lit.
- 5.  **Start winding down early**
Begin your bedtime routine around 30 minutes before sleep.

A good night's sleep means a happier, healthier child who is ready to learn!

