

# A Parent's Guide to the Early Years Foundation Stage

How you can help your child  
in the first five years



If you have any further questions or need any support,  
please speak to your early years practitioner or contact  
the Family Information Service on

**Telephone: 01482 318 318**

**Email: [fis@hullcc.gov.uk](mailto:fis@hullcc.gov.uk)**

You can also download a free copy of the 'What to  
expect, when? A guide to your child's learning and  
development in the early years foundation stage' at  
<https://foundationyears.org.uk/what-to-expect-when/>

# A Parent's Guide to the Early Years Foundation Stage

The Early Years Foundation Stage was created to ensure that a child's first five years are enjoyable and fun as well as supporting their developmental needs.

This is the stage when children get ready for school and provides strong and secure foundations for their future learning and success.

All nurseries, pre-schools, reception classes and childminders deliver the EYFS and it outlines what they must do to keep children safe and to flourish by offering a rich, stimulating experience to help them learn and develop. If you attend sessions at a local children's centre, they will also use the guidance to plan the activities which are offered.

There are seven areas of learning and development which shape the experiences that a child has in their early years setting. There are three areas which are particularly important in igniting children's curiosity and enthusiasm for learning, and for building their capacity to learn, form relationships and thrive.

These three prime areas are:

- Communication and Language
- Physical Development
- Personal, Social and Emotional Development

There are several things you can do to help your child get ready to becoming more independent and ready to learn. You could:

## Communication and Language

- Let them practise saying their own name clearly so that they are confident in introducing themselves
- Help them to follow instructions and understand the need to follow rules
- Ask them to tell you what they need and to ask questions about things

## Personal, Social and Emotional Development

- Talk to your child about what they are most looking forward to at their school or setting
- Encourage your child to go to the toilet, to be able to wipe themselves and flush the toilet
- Support them to ask for help if they do not feel well
- Explore new environments and interact with new people together
- Encourage them to tidy up after themselves and look after their toys

## Physical Development

- Let them put and take off their own shoes and coat so that they become confident at changing independently
- Show them how to use a knife and fork to eat a meal
- Encourage children to lace and thread. Some great things to thread are pasta tubes, cereal and beads. This will help them develop the skills they will need to write when they are ready

## And remember to praise your child!

If your child attends a school or setting when they are two years of age, you should receive a progress check which summarises what your child can do in these three prime areas and how you can support them.

The EYFS also has 4 specific areas, through which the three prime areas are strengthened and applied. The four specific areas are:

- Literacy
- Mathematical Development
- Understanding of the world
- Expressive Art and Design

When your child is ready you could help them by:

- Sharing favourite stories and stop at different parts so they can tell you what comes next
- Letting them have pencils and crayons so that they can draw and make marks

- Singing number rhymes together such as 'Five Little Ducks'
- Playing with tubs and containers when they in the bath to fill and empty
- Talk about things which you celebrate and believe in such as Christmas or Eid
- Let them use the remote control to change channels on the television or play their favourite music
- Talk about the changes in the seasons and the weather
- Giving them things to make things from, such as empty cardboard boxes, tubes and masking tape
- Making space for them to sing, dance and play in the house and outside

At the end of the EYFS your child's teacher or early years practitioner will observe your child to see whether they are able to do what is expected of them at that age. They will talk to you and give you a copy of their EYFS Profile. You will be told whether your children is working at the expected level or if they are working beyond that or need some extra support to achieve the expected level.

