

Physical Development and Communication and Language in Early Years

Aims

- * Importance of Physical Development, Communication and Language
- * Activity ideas to try at home

Importance of Physical Development

- * Much more than just having a healthy active body
- * Physical development supports **shoulder stability, hand strength, and coordination** - important for later movement skills including writing
- * Physical development supports brain development and plays a pivotal part in developing **mathematical skills, reading, writing, story telling, ordering, problem-solving**
- * Physical development enhances **social interactions**

Physical Development

- * Large muscle control develops before fine motor control, so children need lots of opportunities to make big movements with their arms before they can develop the fine motor control needed for holding a pencil.
- * Writing requires a combination of fine motor control and hand eye coordination; skills which need lots of practice indoors and out of doors.

Loughborough University Research

- * Many children entering school are not physically ready .
- * There has been a recent decline in physical development due to:
 - * Lifestyle
 - * Attitudes
 - * Spontaneous movement is important too - not just planned activities

Physical Development

'The simple fact is that children's own bodies tell them what they need to be doing, and they are driven to do what is currently required. They are biologically programmed to seek the appropriate physical experiences. Our job is to make these safely available for as much time as possible.

(P8 Jan White Every Child a Mover)

Physical Development Experiences

Types of movement:

tummy time, crawling, spinning, rolling, rocking, jumping, balancing.

Important for:

Visual processing, core strength and stability, balance (static and dynamic), coordination

Possible activities

Jumping on bubble wrap, tummy time (watching tv / on ipad etc), action songs, wobble boards, climbing in and out of sacks, weighted objects

Don't let them 'w' sit!



Physical Development Experiences

Types of movement:

One and two armed activities, choosing how to move, crossing the midline, moving in different directions, crawling,

Important for:

Using both sides of the body at the same time, ability to use one side of the body independently from the other, understanding directions and moving in those ways on command

Possible activities

- * Tunnels, floor based activities, using long handles eg brooms, golf clubs, spades, fly swat
- * and balloon, hand whisks, ladling liquids into
- * containers (in the bath?)



Physical Development Experiences

Types of movement:

Playing with textures, materials, small fiddly objects, variety of tools pushing, pulling, poking, twisting, squeezing, 2 handed activities

Important for:

Responding to different touch sensations, fine motor skills , hand-eye coordination

Possible activities

Playdough, messy play, pegs, tweezers, cooking activities, catching bubbles,



Physical Development Experiences

Types of movement:

Pushing, pulling, lifting, carrying objects with a bit of weight, sequencing movements, choosing different ways to move

Important for:

Body awareness, coordinating movements, spatial awareness, awareness of muscle sensations and own strength

Possible activities

Sledging, catapults, pulley systems, wheelbarrows, push toys, scooters, balance bikes, monkey bars



Books

- * Monkey Puzzle (Julia Donaldson)
- * Walking Through the Jungle (Julie Lacome)
- * The Princess and the Wizard (Julia Donaldson)
- * The Gruffalo (Julia Donaldson)
- * Going on a Bear Hunt (Michael Rosen)

Importance of Communication and Language

- * Communication is the ability to:
- * Listen attentively to what is being said.
- * Understand
- * Respond appropriately.



Interacting with your child

- * Follow your child's lead
- * Stop
- * Look
- * Respond
- * 10 second rule
- * 1 question to 3 statements



Importance of play

- * Play and language go hand in hand
- * To encourage language we need to develop a child's play
- * Exploratory
- * Physical
- * Constructive
- * Large doll
- * Small world
- * Pretend



Developing Listening Skills

- * Spend time helping your child to learn to listen and concentrate
- * Find 5 minutes 'Special time' each day
- * Turn off background noise and remove distractions
- * Puzzles, make a scene, shopping, pebbles, musical actions, playdough, Ready Steady Cook, tidying up, bathtime bubbles, I spy



Learning new words

- * Children between 18 months and 6 years need to learn 8 new words a day!
- * Name objects your child picks up, looks at, points to
- * Talk about and group objects as you tidy up
- * Once they know the name of objects, learn about the parts
- * When playing talk about what things are doing (verbs)
- * Model correct grammar in sentences



Preparing for reading



- * Books are great for encouraging Listening and Language
- * Choose 1 book for every 2 they choose
- * Retell stories they know - act out, puppets, toys, link to everyday situations
- * Rhymes

Unclear Speech

- * By the age of **two and a half** your child's speech should be understood by close family
- * By the age of **three** they should be understood by familiar adults outside the home (but not be perfect!)
- * By the age of **four** your child's speech should be understood most of the time



Unclear Speech

Do:

- * Listen and respond to what they are saying (not how)
- * Model - repeat back correctly
- * Try the games

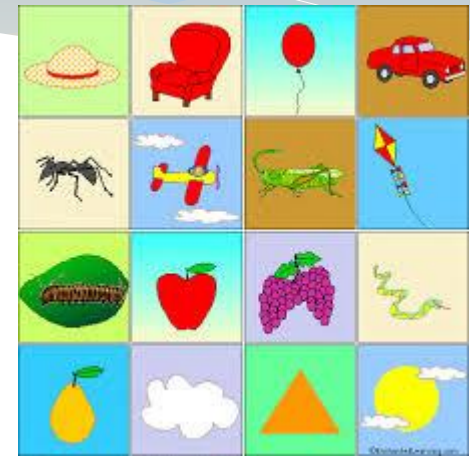
Don't

- * Ask them to repeat
- * Correct by saying 'no...'
- * Pretend to understand!



Games to help unclear speech

- * Looking at picture books
- * Snap
- * Picture Pairs
- * Picture Dominoes
- * Picture Lotto
- * Everyday activities - shopping, walking, sorting washing





Any Questions?