



Helpful hints for parents/carers

A Booklet of Ideas



Gosberton House School

Reason for booklet?

This booklet is intended to be an integral and supportive part of the work that we do at school. Our intention is to try to present some further ideas to support home/school liaison. We hope that this booklet helps to promote the fun, real life element of learning.

As the parent/carer you are your child's first and most important teacher. We hope that you will tell us about things that have been successful so that we can continue to update and enhance this booklet.

The Meeting Room is open from 1.15pm-2.45pm every Wednesday during school time. Please call in for a chat and a coffee.



Reading

- Reading labels around the home and local environment e.g. TV programmes, road signs, food labels
- Comics, TV captions e.g. Thomas
- Cards -Birthday cards, Christmas cards, invitations
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PSHE/Independence skills

All children spend a large amount of time at home during the holidays, and weekends. The home is an ideal environment to develop self-help and social skills. Children can be involved in various activities with the other children and adults in the home, ranging from playing games to helping with household jobs.

It is helpful to your child's development for him/her to be able to cope with different social situations effectively. Children learn through experience therefore it is vital to make the most of situations that occur in daily life and build upon them.

We realise that you will already be doing many of these things at home but we hope that there are one or two new ideas to try.

Shopping



- asking for a product
- building tolerance of shops by going in to a shop for one item -perhaps a favourite item for the child
- going into different shops to buy the same item
- varying the shopping routine,
- varying the route to the shops
- having simple picture lists of items to buy
- 'play' shopping -practising the language to use; how to behave in a shop
- talking about products

Eating out



- Practice choosing food -ask for a menu to have at home /cut out pictures of desired/available foods [this may avoid tantrums about foods not being available]
- Role play eating in a café
- Using video/ TV footage/photographs - talk about what happens; what to do; when you can leave - some children worry that they may have to stay for a long time; explaining that a child will eat his cake and then leave often prevents temper/stress outbursts
- Gradually build up tolerance with very short visits followed by a treat
- entering/exiting the café/restaurant-pictures to remind children about behaviour -walk, quiet voice - we have lots of pictures available in school-please ask
- asking and answering questions
- manners - please /thank you - voice tone /volume/eye contact/facial expression
- dressing suitably/checking appearance
- tolerating proximity to foods
- taking a favourite toy/comic to distract/entertain

Sport and leisure



- **showering, washing hair and keeping clean-** establish a clear routine e.g after CBeebies bedtime hour turn TV off, go upstairs, clothes in wash basket; toilet; teeth clean; shower; wash from head down to toes etc. - routines are often very difficult to establish but very
- **holidays -keeping scrap books/diaries/photos/souvenirs**
- **day trips** - sequence the day first..then... use pictures/photos as visual cues; remove the picture when that part of the visit has finishes.
- **sharing with other children -learning how to turn take/compromise-** take turns with one child initially with an adult saying whose turn/ or by giving an object to the child so that he/she knows that it is his/her turn; limit the number of turns i.e three turns each. Use highly motivating activities-there is more chance of success! Rewarding turn-taking in the same way as you would praise reading/number work
- **visiting the park, the fair and fetes -digital photos of what to look for; which rides to go on; planned route** e.g. first the slide then the roundabout then home-this enables the child to understand exactly what will happen. There is a lot of security in this approach for many children.
- **going to parties-sights/sounds/smells - routines-**

Maths

The home environment is a rich source for mathematical learning and exploration. In our daily life we count and sort objects without realising that we are doing this. For example, sorting the washing into colours and counting how many sausages we need to cook for tea. It is possible to encourage children to partake in these activities providing an excellent route for learning. Activities can be fun, and children are unaware that maths is occurring.

Shopping



- Lists - pictures/words
- pictures/photographs of shops and objects to buy
- money- coin recognition
- prices
- sizes (volume, length, weight, height)
- colours
- 2D and 3D shapes
- packaging
- labels

Games

- board games e.g. snakes and ladders
- dice (numbers, count)
- card games (snap, playing cards)
- dominoes (matching, counting)
- lotto
- bingo
- I spy

In the home

- telephone numbers of family and friends
- magnetic numbers and letters
- sponge numbers and letters
- addresses

Time

- clocks (digital and analogue)
- kitchen timers
- highlighting times as things occur
- routine e.g. getting up and going to bed
- egg timers/cooker timers
- days of the week
- calendars/diaries -showing important dates/markings off days
- visual timetables -schedules

Various

- adding/subtraction e.g. serving food- 2 sausages for each person
- sequencing - dressing, getting ready for school
- division/fractions - cutting cakes and fruit into halves/quarters
- measures - cooking, following recipes, washing up, water play, bathtime (full/empty, half full)
- matching - pairing socks, shoes, colours of clothes for washing
- colour-food, clothes, objects, paint, inside and outside
- patterns- wallpaper/borders, carpets/tiles, nature
- writing name on clothes/labels/books
- pictures - colouring, dot to dot, mazes, tearing paper, cutting, sticking, painting, playdoh

Shape

- windows
- containers (tins, boxes)
- food (pasta, biscuits)
- 2D and 3D
- objects in the home /street
- nature
- wallpaper/tiles

Other things to think about

Park

- Push and pull swings (science)
- Up and Down - levers
- Round and Round –gears
- Fast and slow-speed

Holidays/day trips



- collect leaflets/postcards
- photographs/objects
- diaries/accounts[pictorial/scrapbook, key words] of day or visit to show in school on return
- keepsakes

Gardening

- growing plants/seeds
- grass heads
- plants
- watering plants
- need to care about plants
- cress
- carrot tops/pineapple leaves
- weeding
- what to plants need to grow

