

## Look at books with me

Sharing books with me builds our relationship, my confidence and interests. Reading and listening helps my language development.

### You can read to me

- at home, on the way to the shops or on the bus
- regularly, when I wake up or before I go to sleep

### We can

- talk about some signs, notices, labels
- share stories and picture books
- read our shopping list together
- visit and join our local library
- make our own books

## Praise me

Your praise builds my confidence so I try and keep trying even when I don't always get things right. When you tell me what I am doing right, it makes me feel happy and encourages me. Your body language is as important to me as your words.

### Praise me for

- being just who I am
- trying and 'having a go'
- what I have done well

### You can

- nod, smile, clap, give me a hug or a kiss, or whisper gently to praise what I have done.
- use words and phrases such as 'lovely', 'great', 'well done', 'I'm proud of you'

## Supporting parents

### Children's Centres

Your local Children's Centre is a great place to meet other families with young children. For more information or to find your nearest centre, visit:

[www.cambridgeshire.gov.uk/childrenandfamilies/childrenscentres](http://www.cambridgeshire.gov.uk/childrenandfamilies/childrenscentres)

Tel: 0345 045 1360

### Cambridgeshire libraries

To find your nearest library or to find out about events and activities your local library is running, visit:

[www.cambridgeshire.gov.uk/libraries](http://www.cambridgeshire.gov.uk/libraries)

Tel: 0345 045 5225

### Information for families

Go online for information on childcare, parenting, education, things to do, money, work and training. You can apply for a school place, travel and free school meals too. Search the Family Information Directory for services near to where you live. And there's a whole section dedicated to children with special needs and disabilities.

[www.cambridgeshire.gov.uk/families](http://www.cambridgeshire.gov.uk/families)

Tel: 0345 045 1360



Help me  
learn

Information for parents and carers  
Everyday experiences  
can support your child's  
development and learning

## Talk with me

Talking with me and listening to me helps me to communicate. Talking together helps me to express my ideas, needs and feelings, and develop my speech and language.

### Chat with me anytime

- about what is happening
- I like you to look at me when we're talking
- listen and repeat what I've said

### You can

- tell me what you are doing e.g. cooking, gardening, shopping
- describe what I am doing e.g. getting dressed, eating breakfast, playing, having a bath
- talk about what we are doing together, e.g. posting a letter, hanging up the washing.

## Play with me

When I play it helps me to learn about myself and the world around me. Playing and having fun is an important way for me to develop my imagination, communication and social skills.

### You and I can play

- indoors or outdoors
- with everyday objects
- with or without friends

### We can

- make a special place for my toys
- have fun together
- explore and discover together
- visit our local Children's Centre

## Keep me safe and well

My physical health and my well being are really important for my learning and development.

### I feel good when you

- support my behaviour and emotional needs
- keep me safe and teach me about danger
- give me a routine

### We can

- go for checks with the doctor, health visitor and dentist
- play games about keeping safe at home and when we are out
- make some meals and share healthy snacks
- spend family time together
- go for walks whatever the weather

