



# Barefoot ... early experiences in our 'Under Twos' areas

with  
Fit N Fun Kids

## Welcome to our Under Two's Area within our setting here at Fit N Fun Kids!



Birth to two is a time for so many new experiences for your little ones and a time for us to really bond with your child, care and support them at the beginning of their life journey.

Supporting your child to feel safe and secure is of paramount importance to us, whilst stimulating and promoting optimal brain development. This, extended further with support of their physical development as they learn to move is an exciting time for both them, yourself and us!

This booklet is aimed at informing you what we do here at Fit N Fun Kids and what you can do at home to jointly support your child in their learning journey.

We are always here to answer your questions to please do not hesitate to pop in and see us to discuss your child at any time!

*Fit N Fun Kids Team*

# What do we cover daily?



Our weekly planning covers the three prime areas in the Early Years Foundation Stage (EYFS) daily. These areas are:

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

The prime areas quickly develop children's relationships and build on their confidence to explore and engage in activities and their surroundings. The prime areas of the EYFS support learning in all other areas throughout the foundation stage and are fundamental as a starting point for children under two years old.

We also include the Characteristics of Effective Learning as follows:

- **Playing and Exploring**
- **Active Learning**
- **Creating and Thinking Critically**

The Characteristics of Effective Learning encourage the children's engagement in activities, their motivation to explore their surroundings and their understanding of the world around them.

## **How we support the children's learning through the EYFS**

Here are some examples of how we support the children through the three prime areas and how you can involve yourselves at home with additional activities and support:

# Personal, Social and Emotional Development (PSED)



PSED is broken down into three categories covering:

- **Making Relationships**
- **Self-Confidence and Self-Awareness**
- **Managing Feelings and Behaviour**

**Building relationships** - supporting children to make relationships with the staff and children in the room by offering a welcoming environment.

**British values** - we promote mutual respect, tolerance, individual liberty and rule of law, helping to develop an awareness and understanding of a range of cultures and beliefs, such as Christmas, Diwali and Thanksgiving as examples.

**Sharing and turn taking** - group activities like building with bricks taking turns to put a brick on each or rolling cars back and forth to each other, adults model this kind of play alongside the children.

Physical interaction- one to one time exploring, touching and looking at faces and games like tickling, stroking and feeling through songs and play to encourage children's wellbeing.

## What you can do at home?

- Play turn taking games, modelling sharing and turn taking.
- Spend physical time with children singing and reading stories, encouraging children to feel close.

# Communication and Language (C&L)



Communication and Language is broken down into three categories covering:

- **Listening and Attention**
- **Understanding**
- **Speaking**

**Story and song time**-to encourage children to explore books, move to music and express their selves.

**Simple Makaton**- so children who are still non-verbal can communicate their feelings and wishes etc.

**Role play**- to encourage children to talk about their every-day experiences.

**Small world play**- we have farm animals, zoo animals, cars and garage etc. to promote imagination, sounds and words through play.

## **What you can do at home?**

- Read books with children to encourage their use of language.
- Play peek- a boo games.
- Sing songs and rhymes.

# Physical Development (PD)



Physical Development is broken down into three categories covering:

- **Moving and Handling**
- **Health and Self-Care**

**Soft play room-** children can explore climbing, rolling, jumping etc. in a soft environment when learning to crawl, walk etc, encouraging the use of their gross motor skills.

**Outside play-** encouraging children to climb on and off equipment, using their gross motor skills and explore the different surroundings.

**Creative activities-** encouraging both fine and gross motor skills through painting, gluing, drawing etc.

**Encouraging self-feeding-** using finger foods at snack times, cutlery at meal times and a choice of fruits to enhance their taste buds.

**Offering a range of foods-** we encourage children to try a wide range of fruits and vegetables for snack times.

**Potty training-** offering the potty to our older children and supporting parents with potty training.

## **What you can do at home?**

- Explore outdoor spaces encouraging children to move freely in a range of ways.
- Provide a range of mark making materials such as crayons, chalks, paints etc. to encourage your children to be creative.
- Encourage older children to help with self-care such as dressing, hygiene and potty training.

## Early Attachment & Attunement

At Fit N Fun Kids we embed the concept of 'Five to Thrive'. Central to the five to thrive approach is the set of five key activities:

**Respond** · **Cuddle** · **Relax** · **Play** · **Talk**

These are our 'building blocks for a healthy brain'. They are drawn from research into the key processes of attachment and attunement that forge bonds between young children and their parents and carers.



## Sensory Play

Within our Under 2's area we have our very own sensory room for the children to explore or just relax if needed, filled with a selection of sensory resources including, sensory lighting, bubble tubes, sensory smell bags, musical equipment and toys.

Daily sensory activities include exploring paint with our hands and feet, sand and water play, sensory playdough filled with different smells and textures and our tuff spot which is filled with different materials to investigate.

## Outings

As well as exploring our outdoor areas we also take the children on trips and walks to see the local wildlife at Swanpool and nearby stables.

If you have any questions please do not hesitate to pop in and see us, we are happy to provide more information or answer any questions you may have.



## Fit N Fun Kids

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