

## First Steps (0-5)

### Most children should be able to:

- Understand instructions with 2-3 parts e.g. "*put the spoon in the cup*".
- Link 2-3 words in a phrase or sentence e.g. "*look- big dog*". (They may leave out words or use immature words e.g. "*mouses*", "*runned*")
- Use a wider range of sounds in words, including t, d, k, g, p, b, h.
- Use about 500-900 words.
- Join in with nursery rhymes/action songs and listen to simple stories.
- Start to understand the function of objects as well as their name e.g. will understand the question, "*Where do we sleep?*"

### What can you do to help?

- Ask your child to take turns and wait for their turn.
- Play stop / go games to develop attention and listening.
- Ask your child to follow multiple instructions start with 2 and increase these e.g. "*get your shoes and coat*" if they do this next time ask them to "*get your coat, shoes and bag*". Put these instructions into everyday routines such as putting shopping away, washing clothes, tidy up time.
- Talk about "*in, on, under*" when putting objects away.
- Share a book by reading to your child and looking at pictures together.
- Repeat any words they mispronounce so they hear good examples –don't ask them to say the words again.
- Echo their sentences in the correct form if they leave out words or use immature words.
- Use lots of describing words when you talk to your child e.g. colours, shapes, words such as *big /small, fast / slow, clean / dirty, wet / dry, same / different and feelings such as happy / sad*.
- Encourage your child to play with other children and share toys.

### Things to play with - some ideas

- Encourage pretend play using teddies, tea sets, dressing up clothes or play figures (this is good for boys and girls).
- Ride-on toys.
- Messy play e.g. paint, water, play doh or sand.
- Cooking and mixing
- Building and construction toys e.g. bricks or boxes.
- Simple story and picture books.
- Puzzles, matching and sorting games e.g. pairing socks or playing snap.