

Your Birth to 11 month old...

There are 7 areas of learning in the Foundation Stage Curriculum and each is made up of different skills for a child to develop. Every child is unique and each will take their own pathway in their learning, the Development Matters framework can help us to understand and support these pathways.

Personal, Social and Emotional Development

Making Relationships: Your baby is a social being, they are responsive to facial expressions and voices (especially yours!). Give your baby cuddles and show them affection to develop a special bond. Try sticking out your tongue to your baby, open your mouth widely or make noises for your baby to copy.

Self-confidence and Self-awareness: Your baby will make eye contact with you and try to keep your attention by using their voice, expressions and eye contact. They will giggle when being tickled to show their enjoyment. Make sure your baby has your full attention at times when they want to engage. Singing songs with actions such as 'Walking round the garden', 'Wind the bobbin up' or 'This little piggy went to market' can be fun and show your baby where the different parts of their body are.

Managing Feelings and Behaviour: Your baby will show a number of emotions such as fear, excitement and distress and will react to other people's emotions too. Your baby will seek comfort from you when they are distressed so it's important to find what calms them (rocking, cuddling, stroking). Following routines can help your baby to feel comfortable with what is going on.

Communication and Language

Listening and Attention: Your baby will turn towards voices and sounds and will smile and maintain eye contact. Their attention is fleeting, so if a sound stops or a person looks away, their attention will move to something else. When talking to your baby, make your voice go up and down and repeat words and phrases so they become familiar to them.

Understanding: As your baby grows, s/he will be linking gestures, words and sounds to things they know. Look at your baby when you say their name and talk to your child as much as possible. Try to link words to gestures such as waving goodbye, clapping well done, finger to lips for quiet.

Speaking: Although your baby can not say recognisable words, they will cry, gurgle, squeal and make their own noises. Talking to your baby is very important. Try copying their babbling sounds and wait for their response to have a conversation.

Physical Development

Moving and Handling: Your baby will begin moving by turning their head towards sounds and lights, then lifting their head, controlling their arms and legs and then they will push their arms out to support themselves. Your baby needs time and space to develop physically. Allow them time on their tummy to practise moving, give them toys and rattles to practise holding and controlling their movements and sing action songs such as 'Wind the bobbin up' or 'The wheels on the bus', moving their body for them.

Health and Self-care: Your baby will make you aware when they are they hungry, thirsty or dirty. Routines can help your baby to look forward to mealtimes, playtime or bedtime. Look out for your baby's own cues to help you understand how they are feeling.

Expressive Arts and Design

Exploring and using Media and Materials: Babies need plenty of opportunity to explore the world around them by feeling, smelling, tasting, hearing and seeing a wide range of different things. This will stimulate their brains and develop an awareness of how to use their body.

Being Imaginative: There are lots of things you can do to develop your baby's future imagination. They will enjoy interacting with you and seeing your expressions as you play. As your baby grows and begins to use their imagination when they are a toddler and beyond, they will rely on speaking and listening skills to communicate their thinking so provide lots of language and interactions during your day together.

Literacy

Reading: Your baby will enjoy looking at books with you. Board books and cloth books will be robust for your baby to look at. You can include sharing books in your daily routine to help encourage your baby to be enthusiastic about story time.

Writing: There are lots of ways to develop your baby's future writing skills! It is important that you give them a rich language experience so talk to them, read to them and listen to all of those gurgles and sounds. Enjoy lots of sensory experiences together: hearing, seeing, smelling, tasting and touching. This is great for brain development and the movement will strengthen their muscles.

Mathematics

Numbers: Towards the end of this stage, baby will start to notice if there is one thing or when there are up to three objects. Singing lots of number songs like '12345 once I caught a fish alive' or 'Peter hammers with one hammer' will make numbers fun for your child to hear and they will begin to link numbers to actions. It's never too early to start counting in front of your child, especially up to 3; counting their arms as you put on their coat or the buttons on their cardigan.

Shape, Space and Measure: There are lots of ways to develop your baby's future awareness of shape. They will need plenty of room to move to become aware of the space around them and the different parts of their body. Make sure you use lots of words to describe the size of things around them; the 'big' bus or the 'tiny' spider.

Understanding the World

People and Communities: Babies can learn about people and their own culture by making attachments with you and other people that are special to them. Allowing time to be affectionate with your baby can help them learn about how people interact with each other. Your baby will notice the way you interact with others and the world and may copy that behaviour in the future so it's important they see positive relationships and interactions.

The World: You might see your baby's gaze follow an object or scan a room. They might smile at something interesting or frown when somebody disappears from their sight. They will begin to learn cause and effect when playing. Your child can learn all about the world around them through playing. They will begin to realise that shaking a rattle or hitting a drum makes a sound. You can provide stimulating toys that move, make sounds or light up to engage your child.

Technology: The beginning of an understanding of how technology works for babies is to learn about the world around them. Playing with toys and interacting with people can teach babies about making sense of their world and how objects behave.