



EARLY YEARS - Helping at home

There are many ways in which you can help your child develop through play and day to day activities. Your QTVI and EYVIPS will work closely with both you and your chosen nursery setting to give your child the best foundation for their learning. Here are some ideas you could try at home with your child:

- Provide consistent routines throughout the day
- Use clear language and a commentary of what you are doing and what is about to happen
- Sing nursery rhymes
- Read or make up stories with your child and encourage them to feel the book and help turn the pages
- Allow your child to explore a variety of textures e.g. brushes, silks, feathers etc
- Use hand over/under hand demonstration where possible to show your child how to do something e.g. using a spoon at mealtimes
- Use real objects wherever possible during imaginative play e.g. real fruit and veg whilst playing shops
- Encourage your child whenever possible to do things for themselves
- Promote good listening skills by playing listening games within the home and out and about

QTVI - Qualified Teacher for Visual Impairment
EY VIPS - Early Years Visual Impairment Play Specialist



On each visit, your EYVIPS/QTVI will provide a record of their suggestions and ideas that you can follow up at home. Often, they will have modelled some strategies for working with your child that you should continue on a daily basis in order to encourage your child's visual development. Then, annually, they will produce a more formal report on your child's progress and some suggested outcomes that can be worked on for the following year.

Shopping list ideas

- Space blanket
- Umbrella – to create a plain background or use to hang visual toys
- Bright/ tactile books
- Brushes and various textures
- Light up toys
- Drum
- Cause and effect
- Busy boards
- Various containers and objects to put in them e.g. dry pasta, Lego Bricks