

Welcome to Tiny Tots

Play is a child's work

A guide to 1 - 2 year olds



Your child is now entering a special age, an age where they increasingly wish to try out new activities and learn new skills. They are as enquiring as ever about the environment around them and soak up everything they are taught. Our aim in tiny tots is **to encourage your child, guide and teach them through our ethos of Play is a child's work.**

'Play has different connotation for children and adults. Adults are busy working all the time and they play for recreation to break the monotony of work. Children play all the time except when they are sleeping. Hence it can be said, "Play is to a child what work is to an adult". In other words, "Play is child's work."

taken from www.bernardvanleer.org/files/chetna/Child_rights_booklet-5.pdf

Why is play so important to children?

Play creates: An outlet for energy, a time for exploration, a chance to rehearse real life situations, time to work out strong feelings, an opportunity to strengthen family bonds, a chance to develop concentration and coordination, an opportunity to teach different skills, an opportunity to problem solve, a time for creativity, a period to develop confidence in **one's ability, an opportunity to learn how to get along with other children and adults and ultimately a natural way for a child to learn.**

At Sandcastles we teach the children through SPICE Social, Physical, Intellectual, Creative and Emotional development. Our development board which is located outside our room indicates in greater detail how each activity benefits your child in these areas. It also outlines a yearly development chart which shows you what your child will learn throughout their time in young toddlers. Please take time to look at this board as it will show that even seemingly small tasks like toast time can be of great social, emotional, and intellectual benefit to your child. For example they are spending time with their peers and adults, they formulate that if they throw a piece of toast over their high chair or tip their milk cup upside down that the contents fall downwards or in scientific terms gravity! and they feel part of a larger group in a safe environment.

Daily Routine

We believe that routine and structure is a crucial part of a child's day. It offers a sense of belonging and safety and also gives the child a sense of times throughout the day. Our daily routine consists of a mixture of crafts, physical play, song and story time, small group and large group activities and quiet times. In young toddlers we introduce your child more frequently to activities to promote their gross and fine manipulative skills.

Activities such as:

Physical play (climbing frames, ball pools, sit on cars, tunnels, cardboard boxes) which includes: developing their hand to eye co-ordination, allows them to gain control over muscle movement, strengthens muscles and allows them to use their bodies fully, interaction with their peers, learns them how to take turns and share to name but a few things.

Messy Play (water, sand, gloop, play dough, painting, body painting, crayons) this will develop their pincher grip, they will learn about different textures, shapes and consistencies, hand to eye coordination, develops concentration, feel part of a group, develops early mathematical and scientific concepts

Circle Time (song and story time) aids them: to become part of a group, learn about the world around them, encourages creativity and imagination, develops language and reasoning skills, develops attention span

Quiet/ Rest time (soft furnishing area with teddies and books) You will notice that your child will probably only require one long sleep or two shorter sleeps. In the tiny tots room children can either sleep in the room on a mattress in a quiet area or in the sleep room which is provided. Furthermore, during the day if they just want to relax and put their feet up they have their very own sofa, chair and cushions where books and teddies are provided to allow them some chill out time to re-energise their batteries.

Outdoor Play Children in tiny tots get the opportunity to get outside to our spacious, secured playground as often as possible weather permitting. I would ask you bring in a coat each day and in the summer provide sun cream and a sunhat. Children have the opportunity to run about, play singing group games, or in the garden go on a climbing frame specially designed for their age group.

One noticeable difference from the younger age group is information is no longer recorded in a book. Daily information can now be found on daily information sheets **located above your child's peg. Also located on a board outside the room will be a** weekly lunch menu and a break sheet which allows you to see what your child has eaten for morning and afternoon break.

With the younger age group nappies are changed every three hours because babies drink so much milk. However by the time your child reaches the age of one they are well on to solids and we therefore we change nappies every four hours.

Understandably staff regularly check nappies and if they feel that a nappy needs changing before the four hours due to it being soiled or overly wet they will do so.

Likewise if you would like your child's nappy changed more regularly than this please discuss this with us.

At this stage children start to participate in more structured play activities.

Below is two recipes for some of our favourite messy activities and two of our most popular circle time songs.

Playdough

Ingredients

3 cups flour

1 1/2 cups salt

3 tbsps cooking oil

6 tps cream of tartar

3 cups water

few drops of food coloring (optional)

Cooked Play Doh Recipe

Instructions:

Mix all ingredients together in a large pot. Cook over a moderate heat, stirring frequently, until all the mixture leaves the sides of the pot and forms a ball. Turn out onto a work surface and knead.

Gloop

This is a fun and messy activity. It has a texture that children may not have felt before and is really easy to make.

You will need 2 cups of corn flour to which you add enough cold water to make a thick runny consistency.

When this mixture is poured onto the top of a table it goes solid, however when a child tries to lift it, it goes runny again.

Wind the Bobbin Up

Wind the bobbin up, Wind the bobbin up.

Pull, pull, Clap, clap, clap.

Wind it back again, Wind it back again.

Pull, pull, Clap, clap, clap.

Point to the ceiling, Point to the floor,
Point to the window, Point to the door.

Put your hands together, One, two,
three.

Put your hands, Upon your knee.

Peter Rabbit

Peter Rabbits got a fly upon his nose
X3

And he flipped it

And he flopped it

And the fly flew away.

Curly ears and floppy whiskers X3

And he flipped it

And he flopped it

And the fly flew away.