



Home learning activities for children working between *BPP1* & *BPP 4*



General tips for parents

Creating the right environment

- **Reduce distractions:** Turn off background TV or music during focused activities
- **Follow your child's lead:** If they're interested in something, explore it together
 - **Keep it short:** Little and often is better than long sessions
- **Celebrate small steps:** Every response, attempt, or moment of engagement is progress

Communication tips

- **Get down to their level:** Make eye contact and position yourself face-to-face
- **Give time to respond:** Wait at least 5-10 seconds after speaking or asking a question
 - **Use simple language:** Short phrases and key words
 - **Be consistent:** Use the same words for the same things

When to do activities

- **Build into daily routines:** Learning happens throughout the day, not just during "activity time"
 - **Choose good times:** When your child is alert, fed, and comfortable
- **Make it enjoyable:** If your child isn't interested, try again later or try something different

Remember: Every child develops at their own pace. The most important thing is that activities are enjoyable and that you're spending quality time together.

Communication and Interaction

Singing familiar songs and rhymes

- **What to do:** Sing the same songs regularly (e.g., nursery rhymes, bedtime songs). Use actions and exaggerated facial expressions. Pause to give your child time to respond
- **What to look for:** Does your child show recognition through smiling, moving, or attempting sounds?

Story time with repetition

- **What to do:** Read the same favourite books repeatedly, using different voices for characters. Choose books with simple, repetitive text and bright pictures. Let your child hold and explore the book
- **What to look for:** Does your child show interest by looking at the book, reaching out, or making sounds?

Talking through daily routines

- **What to do:** Narrate what you're doing during everyday activities (bath time, getting dressed, mealtimes, familiar journeys)
- **What to look for:** Does your child respond to your voice or anticipate what comes next?

Choice-making opportunities

- **What to do:** Offer simple choices throughout the day (e.g., "apple or banana?", "red cup or blue cup?") Hold items at eye level, give plenty of time to respond, and celebrate their choice
- **What to look for:** Does your child show preference through looking, reaching, or making sounds?

Sound and Music Exploration

- **What to do:** Play different types of music or make sounds with household items (pots, wooden spoons, shakers). Expose them to different genres and types of music
- **What to look for:** Does your child respond differently to different sounds? Do they try to make sounds themselves?

Early literacy and mark-making

Sensory mark-making

What to do: Let your child explore making marks in different materials:

- Finger painting with edible paint (yoghurt, custard)
- Drawing in sand, flour, or shaving foam
- Making marks in condensation on windows
- Using chunky crayons or chalk on large paper

Book exploration

What to do: Provide a variety of books to explore: Touch-and-feel books, books with flaps and pop ups, books with photographs and familiar objects

- Books with flaps or pop-ups
- Books with photographs of familiar objects
- Cloth or board books they can handle independently

Symbol and picture recognition

What to do: Use photos and symbols around the home:

- Photos of family members
- Pictures of favourite foods, toys, or activities
- Visual timetables showing the day's routine

Treasure basket exploration

What to do: Fill a basket with safe household objects of different textures (wooden spoon, soft cloth, metal whisk, sponge, brush)

Messy play activities

What to do: Provide opportunities for sensory exploration:

- Playing with water (pouring, splashing)
- Exploring jelly, cooked pasta, or rice
- Squishing playdough or cloud dough
- Tearing paper

Nature exploration

What to do: Explore outdoors together:

- Feel different textures (grass, leaves, bark)
- Listen to sounds (birds, wind, rain)
- Collect natural objects (sticks, stones, flowers)

Building engagement and interaction

Turn-taking games**

What to do: Play simple games that involve taking turns:

- Rolling a ball back and forth
- Building and knocking down blocks
- Peek-a-boo or hiding games
- Bubbles (you blow, they pop)

Copying and imitation

What to do: Encourage your child to copy actions:

- Clapping hands, waving, making facial expressions
- Simple actions to songs (e.g., "Heads, Shoulders, Knees and Toes")

Cause and effect play

What to do: Provide toys and activities where actions create results:

- Pressing buttons to make sounds or lights
- Dropping objects to hear them fall
- Pulling strings to make things move
- Simple pop-up toys