

## EYFS INFORMATION SHEET FOR PARENTS

### Early Years Foundation Stage (EYFS) Areas of Learning

(For Children Aged 0–5 years)

The EYFS helps children learn and develop through play in a safe, nurturing environment. Below are the seven areas we support in our childminding setting.

#### 1. COMMUNICATION & LANGUAGE (C&L)

##### What does this mean?

Children learn to listen, understand and speak confidently. We encourage expression, vocabulary, conversation and listening skills.

##### How we support this:

- Reading stories and rhyme time
- Singing songs and exploring new words
- Giving children time to talk and ask questions
- Storytelling, role-play and puppets
- Encouraging turn taking in conversations

##### Why it matters:

Children become confident communicators who can express their feelings, share ideas and join in learning activities.

#### 2. PHYSICAL DEVELOPMENT (PD)

##### What does this mean?

Children develop gross motor skills (large movements) and fine motor skills (small movements) while learning about healthy living.

##### How we support this:

- Outdoor play, climbing, balancing
- Dancing, obstacle courses, bikes
- Playing with puzzles, threading, crayons
- Encouraging healthy eating & hygiene routines

##### Why it matters:

Physical development builds strength, coordination and independence, supporting writing, self-care and wellbeing.

### 3. PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT (PSED)

#### What does this mean?

Children learn to understand their emotions, build relationships and gain independence.

#### How we support this:

- Kindness, sharing and turn-taking
- Encouraging confidence and decision making
- Talking about feelings and empathy
- Supporting toilet training and self-care

#### Why it matters:

Strong emotional foundations help children feel secure, make friends, and become confident learners.

### 4. LITERACY

#### What does this mean?

Literacy involves early reading and writing skills through play, stories and mark-making.

#### How we support this:

- Daily stories and rhymes
- Making marks with chalk, paint, crayons
- Talking about pictures and characters
- Recognising letters in names and signs
- Encouraging a love of reading

#### Why it matters:

Early reading and writing skills prepare children for school and develop imagination and communication.

### 5. MATHEMATICS

#### What does this mean?

Children explore numbers, patterns, shapes, measurements and simple problem-solving.

#### How we support this:

- Counting during play (e.g. blocks, steps)
- Using shapes, sorting and matching games
- Cooking activities (measuring, comparing)
- Learning about size, weight, capacity

#### Why it matters:

Maths skills help children understand the world around them and build early problem-solving and thinking skills.

### 6. UNDERSTANDING THE WORLD (UTW)

#### What does this mean?

Children explore people, places, technology and nature through real experiences.

#### How we support this:

- Nature walks, bug hunts, weather watching
- Learning about families, cultures and celebrations
- Using simple technology (e.g. torches, tablets)
- Cooking, gardening, water play

#### Why it matters:

Children learn how things work, how to care for the world, and appreciate similarities and differences in others.

### 7. EXPRESSIVE ARTS & DESIGN (EAD)

#### What does this mean?

Children explore creativity through art, music, movement, role-play and imaginative activities.

#### How we support this:

- Drawing, painting, collage and crafts
- Singing, dancing, musical instruments
- Dressing up, role-play and storytelling
- Sensory play (playdough, textures, building)

#### Why it matters:

Creativity builds imagination, problem-solving and emotional expression.