



# Starting OUT

**Together ... It's Child's Play**



# WHAT IS STARTING OUT?

Starting Out is an Early Years Programme that was created by Jaenette York in the borough of Poole as a means of working alongside families.

## Key Features:

- Low/no cost activities
- Quality time between parent and child
- Flexibility – easy to pick up activities
- Increased understanding of child development



# GIVE THEM A HELPING HAND

- What you do at home with your child has a real and lasting impact on their learning and development



# HAVE FUN WITH THESE PACKS AT HOME

- Each bags contains:
- An activity card
- Resources



Make a den

Have fun with a ball

Discover patterns

Tweezers

Have fun dancing

Mirror play

Washing up time

Sharing stories

Let's explore

Sock puppets

Look what I can build

Nursery rhymes

Musical band

An outdoor adventure

What's under your cloth

# ACTIVITY PACK CARDS

Activity Card - Early Years Setting

## Make a den



Use sheets, tables, chairs and a clothes airer to make a cosy den. Put a cushion inside and try using a torch.

Inside

or

Outside



Physical Development

Take time to talk

As you play together, help your child to learn new words.

Suggestions

Name the objects in the sack



- Pegs
- Fabric
- Torch

Say the actions



- Putting
- Crawling
- Sitting
- Lying

Talk about what you see



- Light
- Dark
- Patterns

Talk about where you are



- In
- Out
- Under

It's good to repeat words. Children need to hear words again and again to learn them.



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HAVE FUN  
TOGETHER

## Home pack diaries

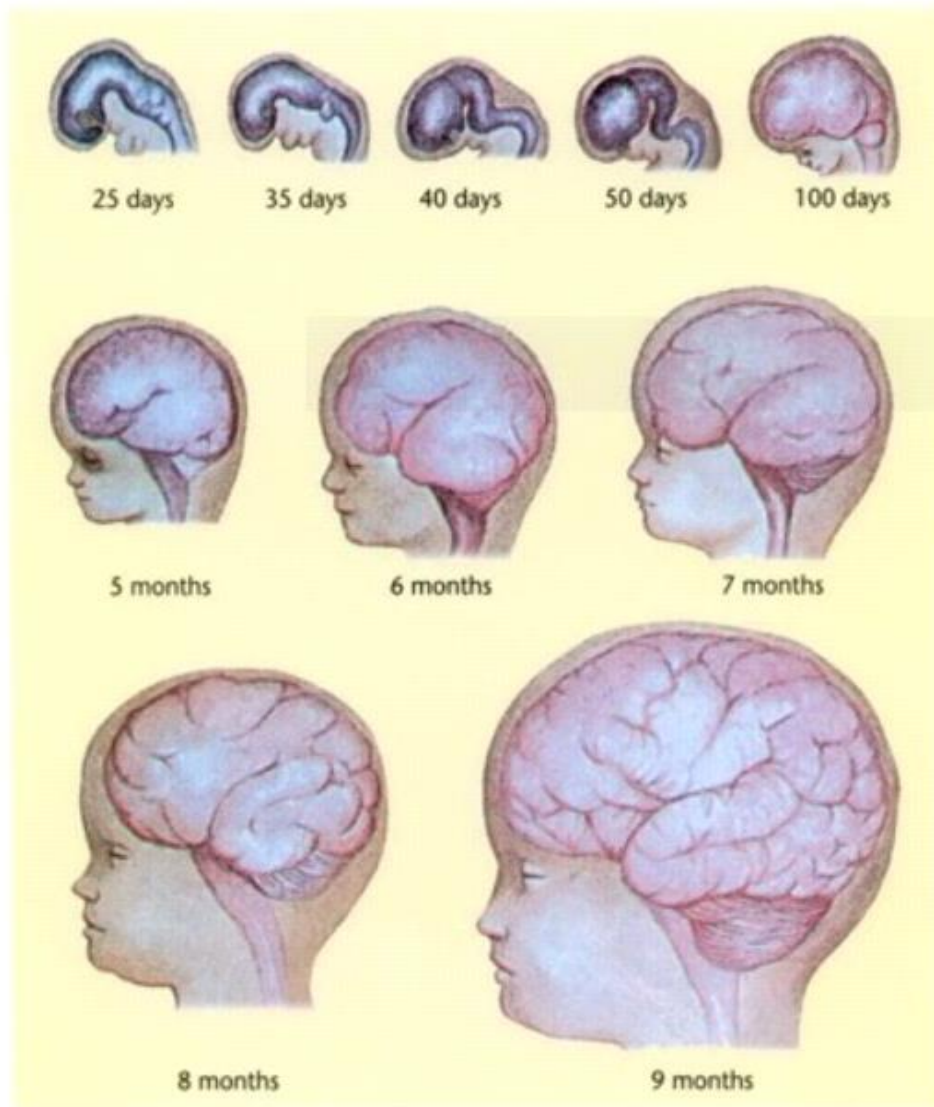
Children love to talk  
about their time at  
home with the staff and  
children





## Fetal Brain Development

Source: Restak, 1984



During the months of pregnancy your baby's brain grows with astonishing speed.





OUR  
AMAZING  
BRAINS

When a baby is born his brain is approximately 100 billion neurons (electrical nerve cells), which is about the same number as the stars that make up the milky way



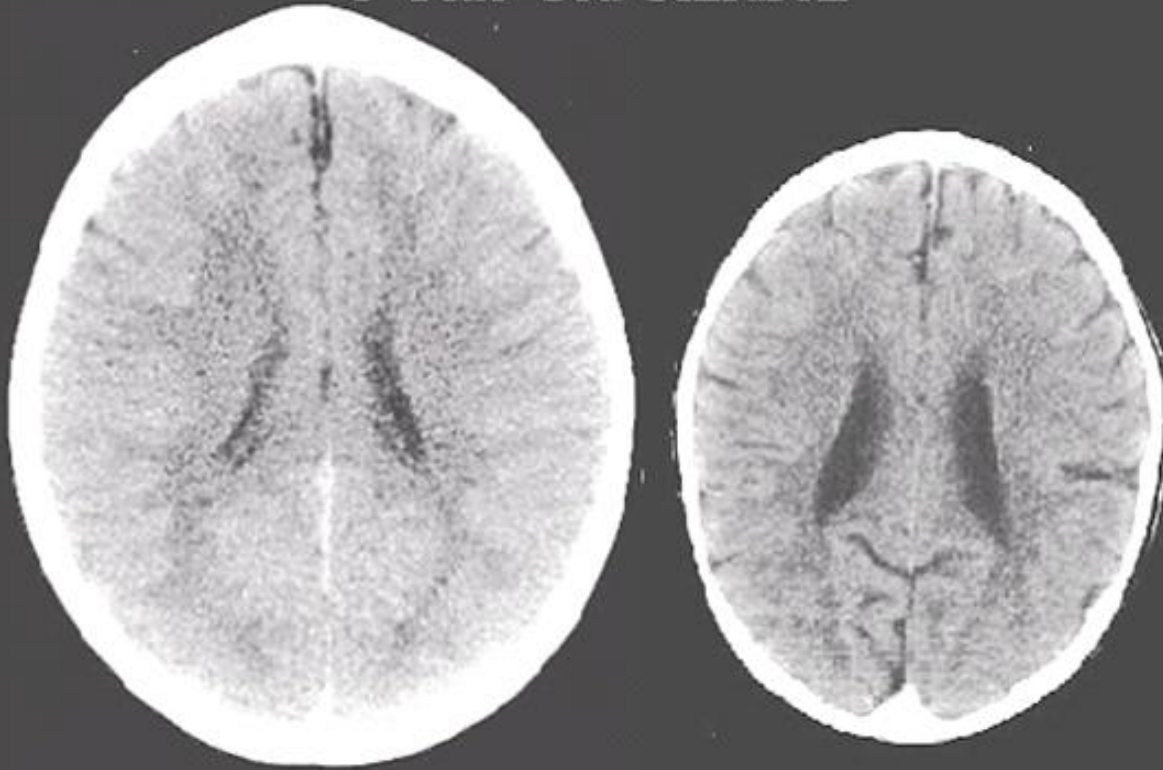




A baby is born with all the wiring in place. You need to provide the switches



### 3-Year-Old Children

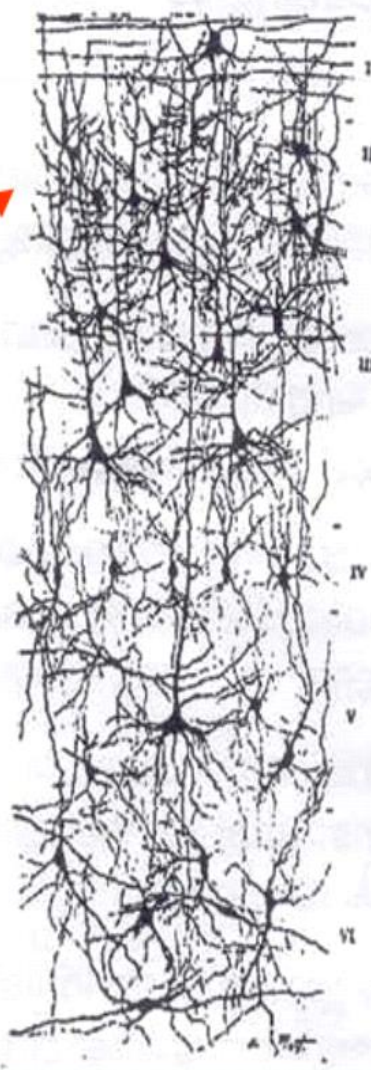


The human brain is unfinished at birth. A baby's brain develops at an astonishing pace; it develops from 25% of the fully formed brain at birth to 80% by the age of three. This development is 'experience dependent.'

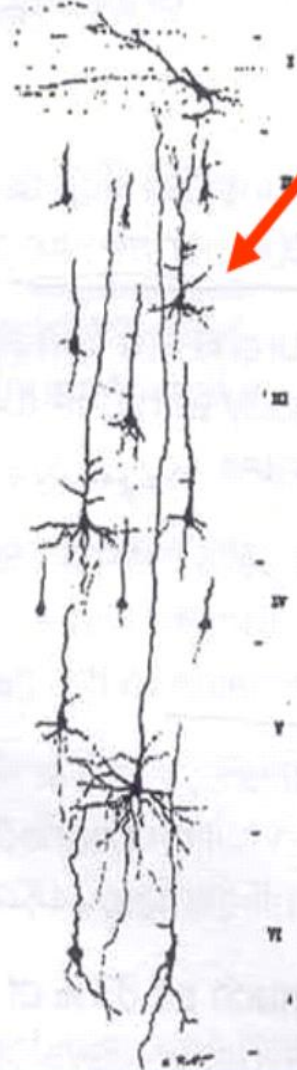
Healthy early development depends on nurturing and dependable relationships.



At three months of age a baby's dendritic forests are already branching and growing based on the child's genetic program and on just the first 12 weeks of his or her life.



At birth the neurons in the cerebral cortex at the front of the baby's brain are smaller and have many fewer branches than they will a few weeks later.

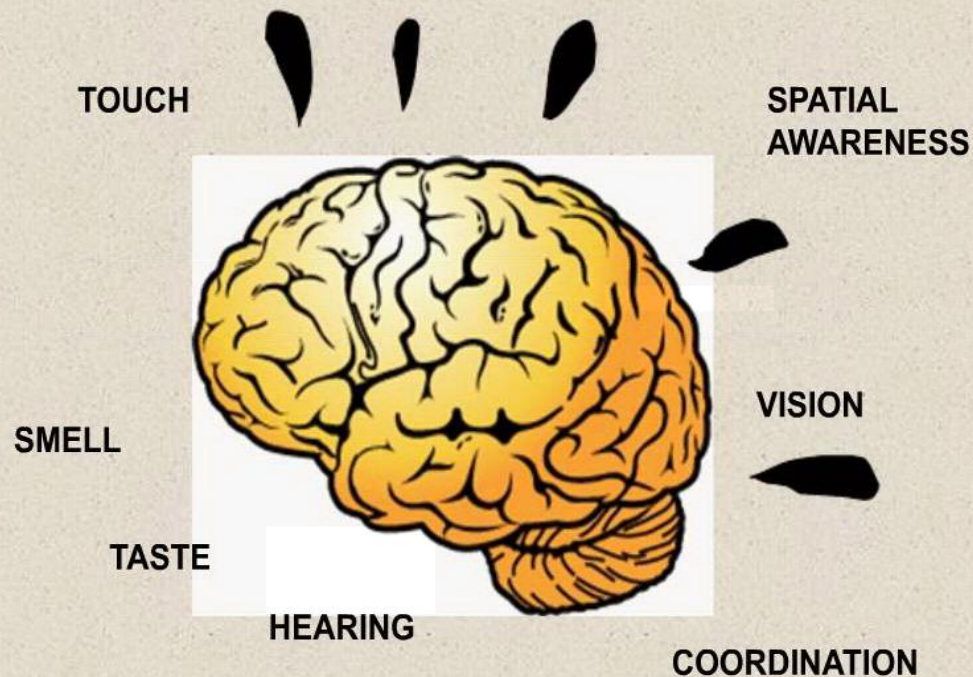


## BABIES' BRAINS AT 0 AND 3 MONTHS OLD





# DIFFERENT AREAS OF THE BRAIN

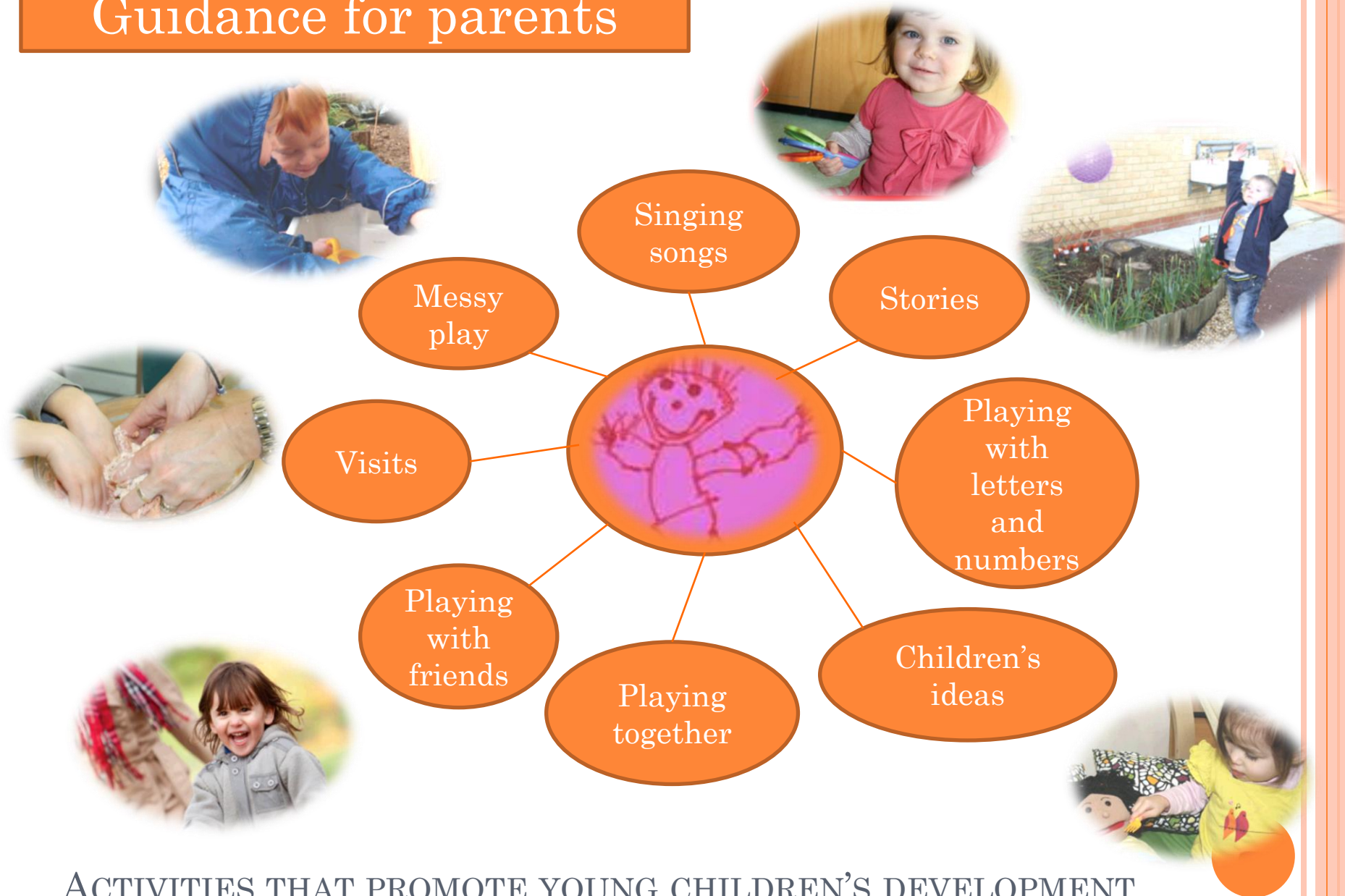


Input from the senses is sent to the thalamus, except the sense of smell.  
From the thalamus it is sent to other areas of the brain for interpretation.





# Guidance for parents



ACTIVITIES THAT PROMOTE YOUNG CHILDREN'S DEVELOPMENT

# How can you help your child to play and learn?



**Have fun playing  
together with the  
packs.**

**Time is the most  
precious gift to give.**

