

# Happy Kids at home!

## Socks off!

For this activity you will need:

Lots of different socks.

Learning to dress is a skill that children need to master. It takes time and practice. Dressing activities help children learn about caring for their clothes and helps in other areas of development.

From around a year, most children start to pull off their socks and are excited to find their previously hidden toes. While annoying if you are out shopping, it is an important movement that they need to practice to make progress with dressing.

### Step 1

Put different socks on each foot and watch as your child pulls them off.

### Step 2

As each sock is pulled off, talk about its colour, texture and length.

### Step 3

For next steps find some long soft tube like socks. See if your child can pull them up once you have put them over the heel. Don't be surprised if your child pulls them up and then takes them off again!



## Early Years Foundation Stage (EYFS)

The EYFS sets standards for the learning, development and care of children from birth to 5 years old. It promotes teaching and learning through play to make sure all children have the skills they need for future life. There are 3 Prime Areas of Learning and 5 Specific Areas. We follow this in Preschool Nursery and you can do activities at home to help your child's learning. This activity will cover many areas of the EYFS but are planned specifically to cover these areas below.

#### Prime Area

**Physical  
Development**

This activity is good for helping your child to develop their hand skills. While you may find that your child sometimes topples back when they pull off a sock, this activity will help their balance.

#### Specific Area

**Mathematics**

This activity will help your child notice differences between things.