

Understanding the Early Years Foundation Stage (EYFS)

A simple guide for parents and carers

What is the EYFS?

The EYFS is the framework that supports your child's learning, development, and care from **birth to 5 years old**. It helps children build strong foundations for school and lifelong learning — all through **play, exploration, and positive relationships**.

The Four Guiding Principles

- ✓ Every child is unique
- ✓ Positive relationships support learning
- ✓ Enabling environments inspire curiosity
- ✓ Children learn in different ways and at different rates

The 7 Areas of Learning and Development

PRIME AREAS – the essential foundations include:

Communication & Language

- Listening, understanding, speaking
- Enjoying stories, songs & rhymes

Physical Development

- Movement, coordination, and self-care
- Health and physical confidence

Personal, Social & Emotional Development (PSED)

- Building friendships and self-confidence
- Managing emotions and behaviour

SPECIFIC AREAS – building on the prime areas include:

Literacy

- Reading, storytelling, mark-making, and early writing

Mathematics

- Numbers, shapes, patterns, and simple problem-solving






Understanding the World

- Exploring people, communities & nature

Expressive Arts & Design

- Music, role play, creativity, drawing, and imaginative play

How You Can Help at Home

-  Talk, listen, and play together
-  Read books and sing rhymes daily
-  Explore the outdoors – nature is full of learning
-  Let them be creative and follow their interests
-  Share updates and ask questions — we're in this together!