**Useful resources for childcare courses**

**Autumn Term 2020**

**Books about the importance of play:**

*101 Things for Kids to do Outside*

*101 Things for Kids to do on a Rainy Day*

Both these books are by Dawn Issac & I would really recommend them, I use them all the time.

*Michael Rosen’s Book of Play* by Michael Rosen-aimed more at adults to read, but with lots of interesting ideas.

**Websites:**

*Change for life-www.nhs.com - lots of great advice/ideas for healthy eating & physical activities.*

*Woodland Trust- woodlandtrust.org.uk – great for nature based play activities*

*Helping parents with phonics- penguin.co.uk – for those of us who weren’t taught phonics at school!*

*Early Years Foundation Stage-* [*www.gov.uk*](http://www.gov.uk) *– up to date information about the early years Foundation Stage.*