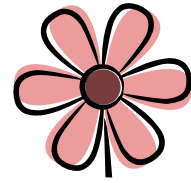




Early Years Families Newsletter



Summer 2026

Welcome to our first EY Newsletter!

We know family life with young children can be busy, messy and wonderful all at once. Each term we'll share simple activity ideas, local events and useful support to help make family life a little easier.

From Izzy & Claire
Cambrian Trust EYFS Leads

In This Issue:

-  Supporting development
-  Easy activities at home
-  Free local events
-  Family support & SEND

Activity Ideas

Click on the links below for activity ideas for each age group:

[2-3 years](#)

[3-4 years](#)

[4-5 years](#)

Try not to overthink activities for your child. They will get much more enjoyment from doing simple, everyday things with you like helping you tidy up or make dinner.

Worth a Look:



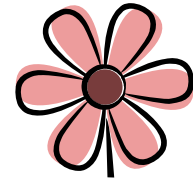
Cbeebies have just launched a new Parenting website [here](#). Lots of great ideas and advice!



Best Start in Life - local family support and advice - click [here](#)



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Spotlight: Physical Development

One of the 7 areas of learning in the Early Years.. We split this area into two key elements:

- Gross motor skills - large movements like running, climbing and jumping
- Fine motor skills - precise movements like drawing, using scissors and using small tools and equipment.

These skills help children become confident learners and prepare them for writing, dressing and everyday tasks.

Easy Things to Try at

Home

1. Playground Time

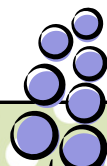
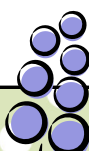
Climbing and balancing builds strength for writing.

2. Threading Challenge

Try threading pasta and string for finger strength.

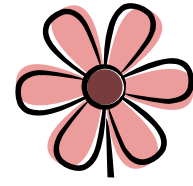
3. Cleaning Helpers

Washing windows helps children cross the midline of their bodies,





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Quick Ideas for Busy Days



Sort socks together



Share a bedtime story



Have a kitchen disco!



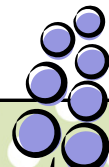
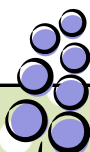
Blow bubbles outside



Make a pasta necklace

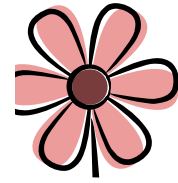
Free Local Events & Experiences

- If you haven't done so already, why not join your local library? It's completely free and you can borrow up to 20 books at a time! Look out for summer competitions and free reading and singing events.
- Oxfordshire Play Days are free local events for families where children can participate in a range of activities e.g. go-karting, bubble blowing, face painting. See the poster below for dates for Summer 2026. For more information see their website [here](#)





OPA PLAY AND ACTIVITY DAYS 2026

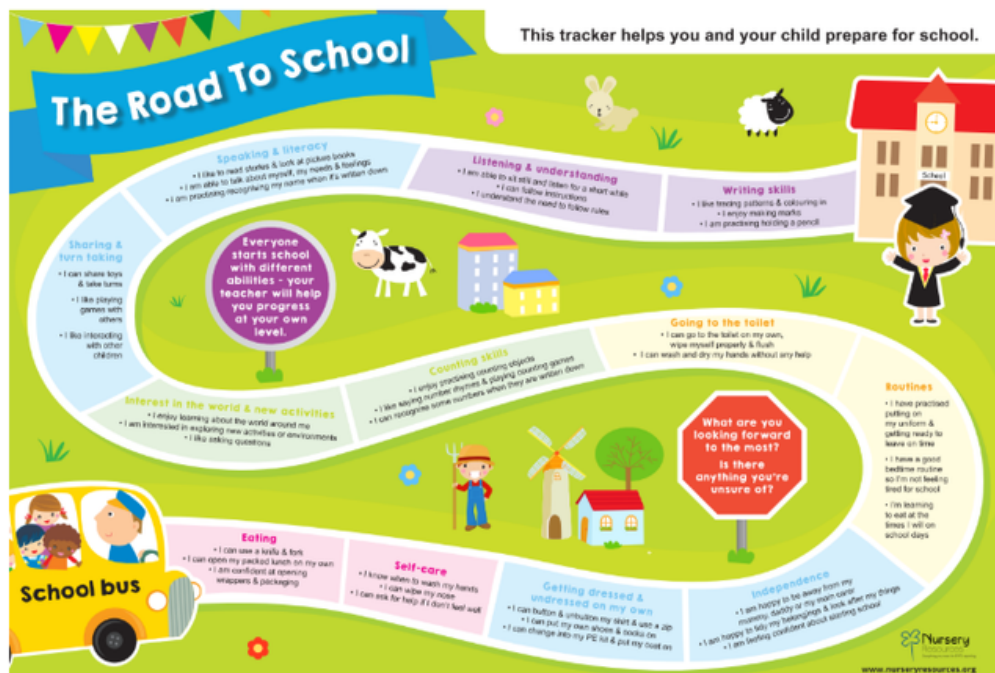


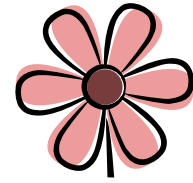
RAF Benson / Benson	Saturday 6 th June
RAF Brize Norton / Carterton	Saturday 13 th June
Vauxhall Barracks / Didcot	Saturday 20 th June
Wheatley & Holton	Saturday 4 th July
South Abingdon	Saturday 11 th July
Oxford - Cutteslowe	Saturday 18 th July
Oxford – Blackbird Leys	Tuesday 21 st July
Banbury – Peoples Park	Wednesday 22 nd July
Eynsham	Thursday 23 rd July
Bicester	Wednesday 29 th July
Henley	Thursday 30 th July
Faringdon	Friday 31 st July
Oxford - Rose Hill	Saturday 1 st August
Berinsfield	Tuesday 4 th August
Witney	Thursday 6 th August

Is your child starting Reception?

More information for parents and carers available [here](#). Things to practice with your child before September:

- putting on their coat independently
- going to the toilet by themselves
- using cutlery at dinner time





Do you have an Early Years child with SEND?

- **Disability Living Allowance** – this can help with the extra costs of looking after a child under the age of 16 and has difficulties walking or needs much more looking after than a child of the same age who does not have a disability. The DLA rate is between £28.70 - £108.55 depending on criteria. Click [here](#) for more information.
- **Short Breaks for disabled children** – Short Breaks provide disabled children an opportunity to spend time away from their parents, relaxing and having fun with their friends. See [shortbreakstatement.pdf](#) for more information.
- **Max Card** – a discount card for families of disabled children and children with additional needs. Saves you money on days out to castles, zoos, bowling alleys and lots more. The Max Card is free to families in Oxfordshire. More information can be found [here](#)

Concerned about rising living costs? Click [here](#) for further support.

