

A Parent Guide to

Creative Arts

for Ages 0 - 1


What Is This Guide?

What do we mean by Creative Arts? In the Early Years Foundation Stage framework (known as EYFS), there are some expectations laid out for how children generally develop in how they express themselves in creative or artistic ways. Creative Arts is also referred to as Expressive Arts and Design.


At this age, the focus of the EYFS framework is to build up other skills that will be important for developing your child's artistic skills later on. This guide breaks down those skills into simple sections and statements, providing you with explanations of what the creative arts typically look like for your child at this stage of their learning. Each area has ideas for supporting your child with fun and engaging activities, whether they are getting messy with crafty materials or trying something new.

Rather than a list of must-do activities, you can dip in and out of these prompts and ideas based on your child's current interests and appropriate stage of development.


You can visit the **parent section** of the Twinkl site for even more resources to support your child in creative arts, as well as all other areas of learning. Either search for keywords used in this guide or explore more in the Birth to 5 section.




For babies up to 1 year old, there are no standards in the early years framework specifically related to Expressive Arts and Design. This is because babies don't make links or relate the marks they make (e.g. painting or drawing) as being a way to communicate.



At this age, the focus is on being explorative instead. What experiences could you give your little one that will help them discover new materials, textures and colours? We often refer to this as messy play because your baby will be exploring with their hands, arms, legs, feet, tummies, head - every body part will no doubt be involved!



Another aspect of early exposure to the creative arts is imaginative play. Before your child is able to move around and communicate, they'll struggle to respond while playing pretend, but you can support them by narrating what your child is doing, involving toys and characters in silly play and generally modelling pretend play.



This guide contains practical ideas and advice on how you can further support your child at home within the different aspects of the creative arts and imaginative play.

How Can I Support My Child in Creative Arts?

It's important to remember that making marks with crayons, paints or other materials is not the same as writing or expressive art, as babies and young toddlers don't link those marks with symbols that communicate meaning.

There are other skills that your child will need to develop before they begin to express themselves through art or imaginative play. Here are some of the skills they might be working towards and some ways that you can help them develop further.





Old MacDonald Had a Farm Stick Puppets

To support my child in acting out experiences with other people, I could...



ask simple questions during arts activities, give some waiting time, then respond on behalf of my child if they're not yet communicating.

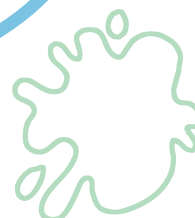


use everyday objects or play toys to act out routines, such as cooking and eating and guide my child's hands to imitate.

To support my child's understanding and responses to simple words and phrases, I could...

use clear language and gestures during activities.

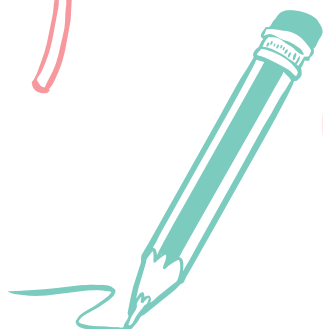
Bubble Painting Recipe

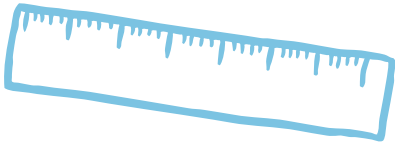


To support my child's ability to follow others' body language (e.g. pointing and gesture), I could...



Fabric Treasure Basket Ideas





observe my child and look for any looking or reaching that indicate a want or need.

To support my child's communication through pointing and eye gaze, I could...

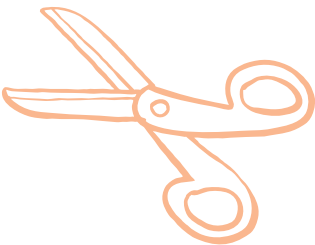
Edible Slime Recipe



Scented Pavement Chalks

To support my child in developing their hand control and strength, I could...

supply a range of arts objects that differ in size.



make tools for printing in a variety of sizes (e.g. potato stamps, giant marshmallows or beads) and use simple language when using them with my child.

To support my child in recognising big things and small things in context, I could...

Mark Making with Natural Materials



Fairy Mud



set up a messy floor play area in the bath or outside where my child can move around paints, chalks or shaving foam.



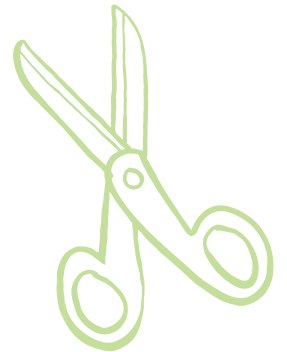
To support my child's exploration and experimentation with media and materials using their whole body, I could...



Cornflour Gloop Recipe

Make your own musical instruments.

have regular singing and music time with my child and pick them up or help move their arms and legs to the beat.



To support my child in moving their whole body to music and sounds, I could...

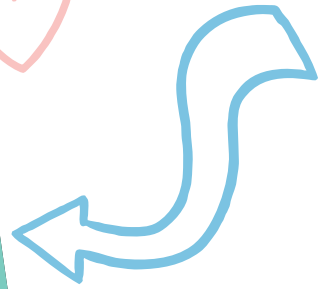
Noisy Treasure Basket



Journal nice moments
or record key
dates here:



A large green-bordered box with a scalloped top edge and several horizontal lines for writing.




Stick a photo of your child here:



A large blue-bordered box for pasting a photo.


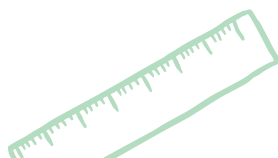

Explore and Discover More



Twinkl Go! is a digital platform, hosting interactive content such as videos, games, audiobooks and more. Twinkl Go! enables digital content to be streamed to your computer or mobile device.






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Twinkl Kids' TV is our wonderful YouTube channel dedicated to fun and informative video-style resources full of new and creative activities you can try at home!




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KIDS' TV



Twinkl Originals are engaging stories written to inspire children from EYFS to KS2. Designed to encourage a love of reading and help curriculum-wide learning through accompanying resources.



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ORIGINALS



Children develop rapidly in their first five years, more so than any other period of their young life. Although these guides have been divided by age band, we recognise that all children develop at different rates; this guide should not be used as a tick list of exactly what your child should be able to do at this age, but rather as an indicator of what they may be working towards.