



As parents we become a role model to our children so it is very important to engage with their learning, show interest and curiosity about their explorations and support them as much as possible. It is not an easy task and at times it is quite tiring. However, it is rewarding to be able to participate actively in their growth even with our own parenting imperfections.

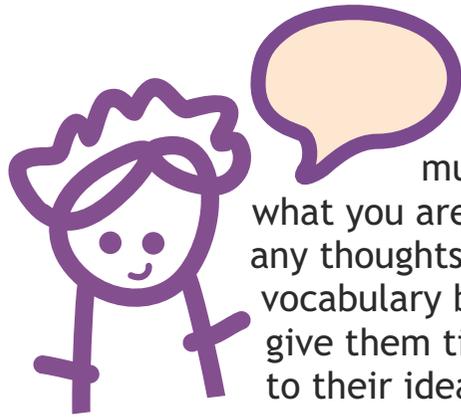
“The way we talk to our children becomes their inner voice.”

Peggy O'Mara



## Tips to support your child at home

Parents are often enthusiastic about supporting their children at home and these are some suggestions if you are wondering how to do it. Every child has unlimited potential and by encouraging meaningful interactions and activities, they will be able to blossom into their best selves.



- **Talk to your child** as much as you can. Explain what you are doing, how your day was, any thoughts and emotions. Enrich their vocabulary by using new words and give them time to talk to you. Listen to their ideas and stories.

- **Promote reading** by looking at books and all sorts of printed material (leaflets, tickets, menus, magazines). Engage in describing pictures, finding words, pointing at particular things, using different voices and asking them questions.

- **Celebrate their progress and achievements** but also understand when things are challenging. Encourage them to keep trying if something is hard, learning to embrace difficulties by showing a 'can do' attitude.

- Spend time singing nursery rhymes, dressing up and acting out stories so that children experience imaginary play. **Encourage creative activities** using resources independently. You don't have to spend a lot of money. Use boxes, old wrapping paper, bottles, lids, and any left overs.



- **Encourage healthy habits** in eating and hygiene such as brushing teeth and having a healthy diet. Encourage getting dressed independently, helping to tidy up at home and listening to your instructions.

- **Provide them with physical activities** in order to strengthen their gross motor skills, such as going to the park, going for a walk and using large equipment and tools safely. Playing with balls, hula hoops, bean bags, skittles can be great fun for the kids.



- **Look for numbers and shapes** in the environment. Become familiar with counting, sorting, adding, making sets, building models and creating patterns. Cooking is a great way to introduce maths and children often love helping with it.

- **Explore mark making** (early writing) using different materials such as crayons, chucks, paints, pens and pencils. Let them draw pictures and display them around at home.