



HOW YOUR CHILD LEARNS

The following few examples can help to determine what type of learner your child is :

- Visual
- Auditory
- Kinesthetic

Seeing (visual) Picture Steps

Materials: blank paper, magazines, scissors, glue, markers or crayons

Purpose: Pictures may help remind a child who is a visual learner what to do.

Think of a task and break it down into steps, for example the task is to tidy up, toys in the box, books on the shelf and stuffed animals in the basket are the steps. It can also be a routine such as in the morning we eat, brush our teeth, get dressed, and go to school bus/drive/walk.

Use the materials gathered to make a picture of each step with your child. Each person's steps would look different depending on the task or routine.

Hearing (Auditory) Memory Game

Materials: anything around your house

Purpose: Repeating instructions may help a child who is an auditory learner.

1. Have your child repeat what you say and then do it. E.g. Put the book on the bookshelf; throw the Teddy Bear in the basket
2. When your child does it, tell them what a great job they did.
3. Reverse the roles and let your child choose the task, repeat what they say then do it.
4. Try giving them two instructions e.g., (put the car in toy the box and the book on the shelf)
5. If child is ready, you can slowly increase the amount of instructions.

Doing (Kinesthetic) Sorting Game

Materials: anything with lots of pieces for sorting

Purpose: Doing a task may help a kinesthetic child learn by being able to do the actions or touch and handle objects.

1. Sit with your child on the floor or at the table
2. Choose something that has lots of parts or pieces for sorting (blocks, Lego, deck of cards, socks, buttons)
3. Let your child help you sort them. Give them ideas if color, size, how they feel, all the ones that have wheels, bumps, stick them...

HELP YOUR CHILD GET ALONG

Social skills

Look at a Book

Materials: any book

Purpose: This activity may help a child increase their speaking skills and ask questions.

Looking at books, asking questions, and letting your child ask questions helps them develop social skills.

- Choose a book with your child, sit together and read or make up a story. Encourage your child ask questions and discuss the story; Ask your child questions such as; Why is he happy/sad? What happened to him? What do you think will happen next?

Playing “I Spy”

Materials: Nothing

Purpose: This may help develop listening skills, to follow instructions and understand descriptions.

Learning new words, listening and taking turns are skills that help your child socially.

- This simple game, can be played anywhere, in your home, outside, in the car,

My Turn, Your Turn

Materials: blocks, Lego, empty boxes

Purpose: This may help a child learn to take turns, and work with others

Taking turns is an important skill in getting along with others

- Place blocks or Lego on the floor or a table, sit with your child and discuss what you would like to build.

Start building and Take turns adding “blocks” to the construction.

Games and Puzzles

Materials: Games such as snake and ladders, Dominoes, a matching game, puzzles, cards, Candy Land

Purpose: This may help a child learn cooperation skills, taking turns, playing fair, following rules, co-operating and sharing, helps us get along with others.

- While you play the game talk to your child about how to take turns, playing fair and following the rules.

HELP YOUR CHILD FIGURE THINGS OUT

Problem solving

Water Play

Materials: pail, container, things that float or sink

Purpose: May help a child to gain problem-solving skills. Children learn through “hands on” interactions

- Play with your child in the water table; help him discover what sinks and what floats.

Building with Popsicle Sticks

Materials: Popsicle sticks, glue

Purpose: May help a child to gain problem-solving skills Children learn how things work/go together by doing it.

- Build something together with your child Remember the process is more important than the product.

Sponge Sculpture

Materials: Sponges, marshmallows and toothpicks

- Let child have fun making sculptures and create their own masterpiece

Snaps, Buttons, and Zippers

Materials: clothes with big buttons, zippers and snaps

Purpose: May help a child learn self-help and independence skills. Children feel good when they are able to get dressed on their own.

- Play dress up, let your child try on clothes with different snaps

Red Light, Green Light

Materials: A red Circle, A green Circle

Purpose: May help a child learn independence and safety skills

- How to play Red light, Green light, line up at one end of the room, then you are at the other, when the green circle is up they move towards you, and when you put the red circle up, they stop and freeze.

HEALTHY CHOICES AT SCHOOL

Packing and Eating Lunch

Materials: options for their lunch items

Purpose: May help promote a nutritional lunch routine



Helping our children combine a couple routines

1. Wash hands
2. Choose lunch materials
3. Let your child do as much as possible, including making sandwiches
4. Put it in containers that you would send to school- help them practice how to open the containers
5. Remember to let your child do as much as possible
6. Talk with your child and enjoy

Hand grasp development

Pencil grasp

Materials: pencils, crayons or markers and paper

Purpose: to develop fine motor skills and practice holding crayon/marker:

- Writing/coloring/drawing on a horizontal or vertical surface (e.g. drawing on a window, chalkboard, or easel). The angle and position that the arm is placed helps develop stability of the shoulder, wrist, and forearm. A stable base is necessary for small, fine motor movements of the hand to develop.
- Use small or broken crayons/chalk to facilitate proper grasp
- Clothespin activities
- Tong activities
- Lacing activities
- Playdough

Scissor skills and pre-scissor skills



Practice skills such as how to orient and hold scissors correctly.

A sticker or nail polish on the dominant thumb, helps as a reminder keep to the thumb up always being able to see it.

Begin to snip by cutting play dough, cutting straws or small strips of index card, to eventually being able to cut following a line, start with a very wide line drawn with a thick marker.

Simple craft: pack a paper bag lunch from cutting out food flyers and discuss healthy chooses.



Activities to improve writing readiness skills.

Pre-writing skills are fundamental and need to be developed before Children are able to write. These skills contribute to the child's ability to hold and use a pencil, the ability to draw, write, copy, and colour.

- **Threading and lacing** with a variety of sized laces.



- **Play-dough** activities that may involve rolling with hands or a rolling pin, hiding objects such as coins in the play dough or just creative construction.



- **Scissor** projects that may involve cutting out geometric shapes to then paste them together to make pictures such as robots, trains or houses.
- **Tongs or tweezers** to pick up objects.
- **Drawing or writing** on a vertical surface.
- **Every day activities** that require finger strength such as opening containers and jars.
- **Pre writing shapes:** Practice drawing the pre-writing shapes (I, —, O, +, /, square, \, X, and Δ).



- **Finger games:** that practice specific finger movements such as *Itsy Bitsy Spider*.
 - **Craft:** Make things using old boxes, egg cartons, wool, paper and sticky or masking tape.
 - **Construction:** Building with Duplo, Lego, or other construction toys.
- <https://childdevelopment.com.au/areas-of-concern/writing/writing-readiness-pre-writing-skills/>



GOING TO SCHOOL

Start with a warmup. Bring your child to visit the school a couple of times before the first day. Many preschools offer visiting days. Comforted by parental presence, your child will feel free to explore the classroom and check out the toys. This is also a great time to ask about the first day routine and chat with the teacher about the typical schedule.

Create a goodbye ritual. Creating a specific goodbye ritual prior to the first day of school can ease some of the anxiety about that final goodbye. Try one (or more) of these ideas:

Develop a special handshake or special wave, hug, kiss, high five and goodbye!

Tuck a transitional object (i.e. a wishing stone, a small photo or a special charm) in your child's backpack and fill it with love before you drop your child each day.

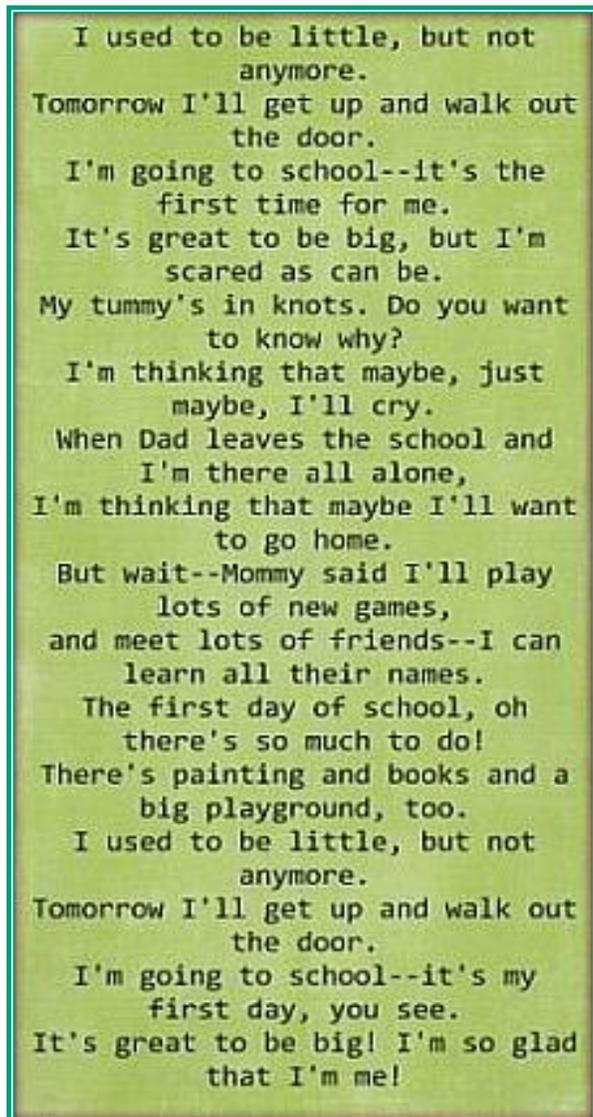
Love notes in the lunch box remind kids that mom and dad love them and will return soon.

Leave hidden kisses tucked away behind a shirt collar, on the butterfly of her sweater, the sleeves, anywhere. The child could then check in on the kisses if they miss Mom or Dad and take one.

Build a pretend "bus" out of chairs inside the home. Then use the bus to practice the skills and behaviors needed when riding a real bus:

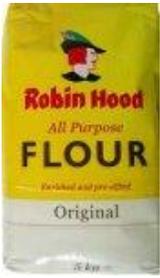
- Waiting in line
- Entering the bus one at a time
- Being quiet
- Sitting still

If you have the opportunity visit a real school bus and put the skills, they practiced into use. Focus on the basics: getting on and off, selecting a seat, sitting quietly, sharing a seat, and recognizing the bus driver.



I used to be little, but not
anymore.
Tomorrow I'll get up and walk out
the door.
I'm going to school--it's the
first time for me.
It's great to be big, but I'm
scared as can be.
My tummy's in knots. Do you want
to know why?
I'm thinking that maybe, just
maybe, I'll cry.
When Dad leaves the school and
I'm there all alone,
I'm thinking that maybe I'll want
to go home.
But wait--Mommy said I'll play
lots of new games,
and meet lots of friends--I can
learn all their names.
The first day of school, oh
there's so much to do!
There's painting and books and a
big playground, too.
I used to be little, but not
anymore.
Tomorrow I'll get up and walk out
the door.
I'm going to school--it's my
first day, you see.
It's great to be big! I'm so glad
that I'm me!

PLAY DOUGH RECIPE



2 cups of flour



1 cup of salt



4 teaspoons of alum or cream of tartar

OR



4 tablespoons of oil



2 cups of boiling water

Mix all ingredients in a large bowl and let cool.