

TOP TIPS FOR PARENTS

Education Works in Pre-School



During their pre-school year your child will be developing a range of skills through challenging play activities and experiences in a stimulating environment. The Preschool Curriculum has **six areas of learning** which focuses on providing **learning through play**.

As a parent you can help your child's development by providing similar experiences at home.

Personal, Social and Emotional Development

Children's social and emotional health affects their overall development and learning. Providing **routines at home**, and encouraging independence will create a secure environment for learning and development. Talk to your child about **feelings and emotions** such as sadness, happiness or feeling cross. Games that require your child to **co-operate**, wait their turn and learn how to win or lose—**role play games** can help develop these skills.



Physical Development and Movement

Provide children with plenty of opportunities to develop **gross motor skills** (running, jumping, climbing, hopping and balancing); as well as **fine movements of their hands and fingers**, such as pouring, building blocks, threading, or using playdough (pinching, twisting, rolling the dough is also great for **sensory play**).

You could also include practical activities like, putting on their own coat, teaching them to pour the milk for their cereal.



Speech and Language Development

Games and play are opportunities to develop language skills. When playing, let children take the lead and give the instructions.

Making time to talk without distractions for a few minutes every day, **chat and tell stories** is also a great way to develop language and communication skills in young children.

Reading, **singing songs** or reciting nursery rhymes will help with speech development as they respond to the **rhythm and rhyming words**.



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The World Around Us

Young children are trying to make sense of their world, are curious about their environment and the people around them.

Go to the park, or on a walk to explore your community & investigate the natural world—your could **draw your own maps!**

Children love to create their own world using simple **household items**—keep cartons, newspapers or bottles to encourage imaginative play. Water and ice can also be used to show how things change (**freezing/melting**) in different surroundings.



Early Mathematical Experiences

Sing songs and rhymes with numbers, play simple counting games or look at numbers on houses when you are out for a walk.

Talk about shapes, and how they change (try cutting up fruit to demonstrate), search for shapes indoors/outdoors, or use shapes to make pictures.

Use space language 'in', 'on', 'under' etc., and play games to support the language e.g. 'Hide under the table'

Discuss different sizes and quantities of different objects around the house. Play games to compare length and weight.



The Arts

Painting or Drawing, creating pictures using paper, card, fabric, junk, natural materials, string, feathers and buttons.

Music allows children to express themselves and respond to **beats and rhythm**. Sing songs and nursery rhymes. March, clap or dance to music or let your child **move freely** to the music.

Drama helps express feelings and develop imagination as they recreate experiences. Provide dress up materials and toys.

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Play is one of the most important aspects of a child's life, and is crucial in developing **physical**, **emotional** and **social skills** and learning how to process the world around them.

Below are some tips and ideas of how to implement play into everyday routines, to help make learning fun!

TIP 1:

Ditch The Gadgets

Children love to play with **household items** such as pans, wooden spoons, sponges. Let your child choose what to use and how they will use it. Keep old milk containers, yoghurt pots, and old clothes, blankets and let your child engage in imaginative, unstructured play. Add pasta, cereal, rice, play dough, sticks, leaves and grass to their toys to extend their play.

TIP 2:

Help Around The House

Young children love to help out around the house. Laying the table, dusting, washing up, sorting socks, will develop motor skills, spatial awareness, counting, and many more skills. Participating in chores can also build **confidence** and a sense of **responsibility**.

TIP 3:

Explore Outdoors

Playing outside has immense benefits for children as it impacts on their health, boosting their **immune system**, **physical skills** and **mental wellbeing**. It provides endless opportunities to develop physical skills as they jump, run, balance, climb, skip and play with natural materials. It fires up their **imagination** as they can pretend to be anything they want to be!

TIP 4:

Just Have Fun!

Children need time to play alone and with friends, but play time with parents is also important. Play games with them, even set up a weekly **family game night**— they will learn to **take turns**, **how to win and lose**. Praise them, encourage them and laugh with them. Let them take the lead and **play along**, **be silly** and **just have fun!**