

LEARNING AT HOME

EASY TIPS FOR PARENTS OF YOUNG CHILDREN

TEACH EARLY MATH



Use any objects you may have in or around the home (e.g. cups, rocks, vegetables, etc.). You can count, add, subtract, and/or group items. A parent or sibling can model the activity for the children first, then complete the activity together, and finally ask the children to do it on their own. This can all be done while a parent completes household tasks such as cooking or cleaning.

TALK

No matter the age of your children, talk to them often and encourage them to speak with you, friends, and other family members. Narrate what you're doing around the house (e.g. "now I'm placing five cups on the table", "now I'm adding oil to the pan", etc.). Encourage your children to use a wide vocabulary. Be sure to listen too—they may share important information about their needs/safety.



PROBLEM SOLVE



Sometimes, rather than telling your children what you would like them to do, try asking your children (of any age) what they would do to solve a problem (e.g. "The door keeps blowing open from the wind. How do you think we should solve this problem?"). The problem can be real or imaginary—meaning the children's problem solving could be genuinely helpful to you as the caregiver.

BE CURIOUS

Ask your children questions about almost anything, and whenever possible (e.g. "Why do you think your sister is upset?" "What do I do after I peel the potatoes?"). Especially during difficult times, asking questions about how they are feeling is important. Encourage your children to ask questions too, giving them thoughtful responses when possible. At times, encourage them to try to come up with their own answer before responding.



TELL STORIES



Tell your children stories (either from books or from memory) and ask your children to tell stories to you or other family members. If you don't have many books at home, ask your nearest school/library to borrow some or share books with neighboring families. If you have a smart phone, you can access hundreds of books virtually, via apps/websites such as those found at worldreader.org or digitallibrary.io.

CREATE THINGS

Challenge your children to build or fix something (e.g. a broken toy, a mouse trap, a play house made of sticks, etc.). Other forms of creation such as music, dance, drawing, etc. all develop important parts of the brain, encourage creativity, and promote problem solving skills.



ENCOURAGE YOUR CHILDREN TO DO ONE OF THESE TODAY!

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