

## Dear parents,

This handout should raise attention for the education of your child and may give you general advice, support and exercises that you can do at home in several ways.

### This is how you can support your child:



- Take a lot of time for your child!
- Organize and carry out activities jointly with your child!
- Give the child as much security as possible, strengthen their confidence and raise interest and curiosity!
- Maintain punctuality and regular attendance in the kindergarten (daycare facility for children,...)!
- Encourage your child to try something new!
- Praise your child regularly!
- Request your child to do unpopular activities perseveringly!
- Be honest and willing to compromise (stop to continue being angry and resentful)!
- Practice with your child to stick to rules and being able to lose a game!
- Make sure that your child won't watch TV or play computer games no longer than 30 minutes!  
(Take a look at [www.schau-hin.info](http://www.schau-hin.info))
- Teach your child some techniques
  - to dress and undress themselves
  - being able to name its complete name and surname, address and telephone number
  - to use the toilet independently
- Create a constant environment, where it feels comfortable.



Next to a well structured everyday life, your child needs reliable reference persons.



## Play and free time

### Playing is life essential and makes fun!

#### Movement is the basis of learning!

Outside in the nature, on the playground, in a sports club...

#### The more, the better!

Playing children need place and time for their activities!

- Children need less prepared toys. They have enough fantasy to convert simple things (such as wooden blocks, cardboard box or Playmobil,...), clothes for their disguise, dolls for role plays.. )
- Things, that they don't use anymore, can be „parked“ at the attic or in the cellar.



#### Sometimes less is more!

- Children love to play with adults (boardgames, pairs, cards). Plan enough time and create a relaxed atmosphere. There should be enough space (empty the table, put away the tablecloth, TV or radio should be switched off...).
- The adult should be a real player. **He/she wants and has to win!**
- Children should learn to stick to rules and may lose a game.
- It is important that the game is played to the end (perseverance). Therefore, you should be brave to change the rules in the game.
- It is fundamental, that your child can get along with different types of material, to train and sensitise motion coordination and fine motoricity (gluing, kneading, crafting, baking, cooking,...)  
An optimal pencil hold and accuracy - also for writing - can be encouraged as the child tries out different activities!
- Skill games train children's fine motor skills (Mikado,...) and Kim-games examine fields of perception and memory skills.



## Personality development

Beside activities in the house or garden, it is important, that your child...

- is involved in tasks in the household/garden. It can take a daily job, which is age-appropriate.

It could be the following: **Your child...**

- ☺ sets the table.
- ☺ empties the dishwasher and puts the clean dishes back into the cupboard.
- ☺ dries the dishes.
- ☺ takes out the garbage.
- ☺ helps you with cooking or baking.
- ☺ folds the towels.
- ☺ collects and brings several things.
- ☺ cuts and chops vegetables or fruits.
- ☺ .....



- can explore (in a protected space, with remote monitoring) near surroundings by themselves.
- This develops:
  - ☺ Independence
  - ☺ Orientation in the room
  - ☺ For training all the senses and for promoting gross motor skills (climbing, running, jumping, balancing, ball plays, scooter und riding a bike,...)
  - ☺ The establishment and reinforcement of links with social contacts.
  - ☺ Promotion of the sense of time.
  - ☺ Sense of responsibility.

# Parents' advice



Recommendations and ideas  
for the  
development of your child