

## How Parents Can Help Their Children

### **Supplies**

Do we have:

- A dictionary?
- Ruler and yardstick, at least on with metric measurements?
- Lined paper, pencils, and pens?
- Newspapers and magazines?
- Books appropriate for the age and reading ability of each child?
- Puzzles?
- Games appropriate for the age of each child?

### **Reading**

Do I:

- Read to my child?
- Let my child read to me?
- Read something myself every day?
- Let my child see me reading?
- Have a library card?
- Take my child to the library?
- Subscribe to a newspaper or magazine?
- Have books in the house?
- Buy books for my child?

### **Self-Concept**

Do I:

- Give my child responsibilities suitable for his or her age and ability?
- Establish rules for my child?
- Praise my child often?
- Sometimes reward my child for a job well done – with a hug, something special to eat, or playing a game?
- Discipline my child when the need arises, being sure he or she understands why?
- Encourage my child to try new things?
- Help my child cope with frustration or failure?
- Provide opportunities to help my child to succeed?
- Try to set aside time to spend with my child?

### **Math**

Do I:

- Point out numbers on printed materials – calendars, boxes, street signs?
- Teach my child to tell time?
- Help my child understand measurement by using rulers, tape measures, and measuring cups?
- Teach my child to understand the value of money, to tell the difference between one coin and another, and know how much each is worth?
- Encourage my child to use numbers by counting, doing dot-to-dot pictures, playing Bingo or Yahtzee, or shopping?
- Let my child see me using math skills – balancing the checkbook, figuring out the budget, paying the paper boy, checking change from the grocery store?
- Encourage my child to tell the shapes of toys and other things in the house?

### **Language Development**

Do I:

- Talk often with my child?
- Speak clearly, slowly, and softly?
- Listen with interest to what my child is saying?
- Encourage my child to talk in complete sentences?
- Encourage my older child to find and use words that best express his or her thoughts?
- Read to my child?
- Ask my child questions about what I read?
- Encourage my child to tell me about his or her experiences?
- Teach my child the parts of the body?
- Help my child to express his or her feelings?
- Avoid interrupting my child?