

How Parents Can Help

Parents as well as pre-schools can do many things to help their child:

- Give lots of praise! A prize or smile works wonders.
- Read to your child or watch television together. Then talk about what you've read or seen.
- Make bedtime stories, nonsense poems and nursery rhymes part of your daily routine so children link reading and words with cuddles and fun.
- Take time to relax - and play. Remember most small children learn best through play.
- Play can be a good way of helping children learn without them knowing! Snakes and ladders helps number skills, 'pretend' play and finger games are good for language.
- Help your child become an expert - knowing about football or animals or pop groups makes them feel good about themselves - especially with their friends.
- Back up the pre-school by doing the same things at home. Ask the staff for ideas.
- Give the school your good ideas. You know your child best and what works with them – e.g. Bob the Builder books, dressing up games and so on.
- Get ideas from groups set up to help parents. If your child has epilepsy for instance, then there is an organisation which can give advice. You can pass on any good ideas to the school.