



Supporting your child in Early Childhood

The early years are a critical time for your child as they begin to learn skills and abilities they will continue to develop throughout their lifetime.

As a parent or carer, and your child's first teacher, you can play an active role in building the foundation your child needs to develop their literacy and numeracy skills in the future.

Literacy in the early years is about reading, writing and speaking and listening. Reading in the early years can occur through a variety of sources such as books, magazines, logos, signs and grocery packaging. Children can write and talk about the ideas and information they read. They can also discuss, question and reflect on things happening around them.

Young children need to have opportunities to learn to listen and make meaning from the talk of others. Making sure your child understands what they see, hear and read is crucial for literacy learning.

Numeracy is about counting, problem-solving, organising, measuring and estimating, as well as making patterns and sequencing.

Your vital role as a parent or carer

Young children learn through play. As a parent you can help your child learn by sharing fun activities that allow them to experience and explore the world around them.

Young children will learn early literacy and numeracy concepts many different ways. It is important to encourage your child to participate in a range of activities that interest them.

By spending time with your child and giving them lots of encouragement and praise, you will help build their self-esteem and give them the confidence to try new things.

Children's physical skills develop steadily over time, so it is important that expectations of your child's abilities are appropriate for their age.

Ensure your child has access to age-appropriate objects such as thick crayons or paintbrushes to help them develop their physical skills. Young children grasp writing or painting tools in their fist. They make strokes as their skills improve and then they can hold a crayon or pencil between their fingers. It's important to allow





Literacy and Numeracy Fact sheet

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plenty of time for children to develop through these stages to help them gain the control they need to write and ensure it is a fun experience.

You can help your child be prepared for starting kindergarten by letting them mix with other young children through playgroups and other activities.

Attending an early childhood education and care program, such as kindergarten, will give your child a head start to their education.

Be an active parent and speak with your child's new teacher before they start kindergarten. Sharing information about your child's interests and development with their early childhood teacher will help make kindergarten a happy place and a positive experience for your child.

Activities that promote early literacy and numeracy concepts

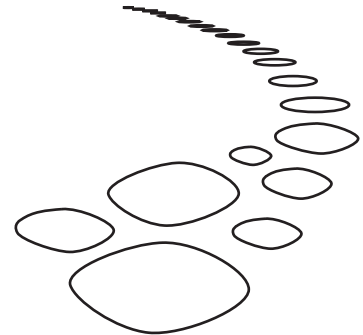
Here are some fun, everyday activities you can do with your child to help develop their literacy and numeracy skills:

- play word games when out together, such as playing 'I spy' in the car. For young children, you can use colours such as 'I spy something that is red'
- paint and draw — art allows children to express themselves. As your child learns more words you may notice their paintings or drawings become more detailed
- sing songs or nursery rhymes while taking a walk, packing away toys or in the car
- dress up — children can practise their language and communication skills by playing 'make believe'
- play outdoors — pouring water or sand into containers, scales and measuring containers allows your child to explore numeracy concepts
- do a puzzle — puzzles are a great way for children to learn about sizes, shapes and colours
- play with blocks — concepts of size, numbers, patterns and problem-solving can be explored by playing with blocks. You can help extend your child's mathematical and spatial concepts by giving them paper, pencil and a ruler for drawing their block buildings
- ask your child open-ended questions — this encourages them to practise expressing themselves and lets them know you value their thoughts
- think out loud — so your child can learn about how you solve problems
- read books — reading together can be a special and relaxing time. It can help your child enjoy reading from a young age and give them a head start at school.



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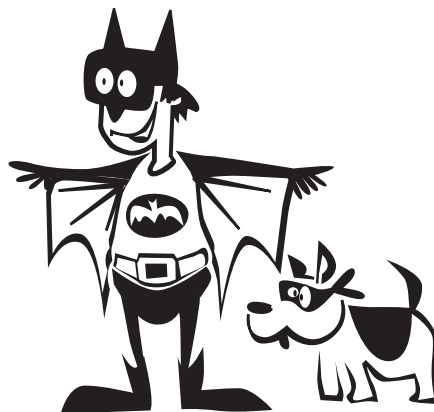
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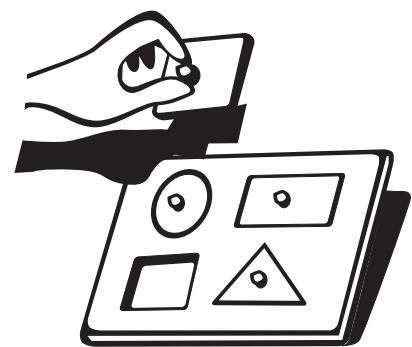
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Literacy and Numeracy Activity sheet

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