

The Whole Child

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April

1. Gross motor skills

Spatial Orientation: Arrange a simple obstacle course for your child, either indoors or outdoors.

Let her walk around something, under a chair and touch a wall. Join in the fun and add a few more obstacles if you child can manage them.

2. Fine motor skills

Hand-eye Co-ordination: Set up a large plastic bottle like a skittle at which you child can roll a tennis ball or toss a bean bag. Move it further and further to make the game more challenging.

3. Visual skills

Visual sequence: Place a red cube on the left and blue cube on the right in front of your child. Give her the same colour cubes and ask her to arrange them in the same order. Repeat adding more blocks as she succeeds.

4. Auditory skills

Auditory Discrimination: Sing a song to your child, first in a high pitch and then in a low voice. Tell her which is which and then ask her to copy you.

5. Mathematical skills

Tactile perception and numerical relations: Ask your child to stand with his hands behind his back. Place a stick of one, or three construction cubes in his hands at a time. He must tell you whether it is a long stick or a short stick.

6. Language and thinking skills

Classification: Cut out pictures from magazines that can be classified into groups, such as people, vehicles, food or animals. Give your child ten pictures and ask her to place the animals in the animal box and the food in the food box. Expand the game using the other groups.

7. Faith-building

The Bible teaches us that perfect love drives out fear. We experience fear when we lose focus of how much God loves us. Most often we fear or stress about things that have not yet happened. Children have fears too – fears of anything unknown, of the dark, loud noises or imaginary things. Help them allay their fears, by reminding them that God is always with them, watching over and protecting them and that you, their parents are also there to watch over them and keep them safe from harm.