

# The Whole Child

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## April

### 1. Gross motor skills

Hold your child by the feet while he does a 'wheelbarrow' walk on the floor, supporting his body with his hands. This is an excellent strengthening exercise for the muscles of shoulder girdle. Let him rest every now and then.

### 2. Fine motor skills

Manual dexterity: Let your child pick up small objects such as plastic toys or shapes using clothes pegs.

### 3. Visual skills

Visual analysis: Cut large shapes such as a circle, square and triangle from paper. Then cut them in half and then place all the pieces on the table in front of your child. She must put them together to build the complete shape once more.

### 4. Auditory skills

Encourage your child to combine sounds and actions. When you make a sound like an animal, let him pretend to be that animal. You can also make the sounds of cars and other vehicles. More ideas are frogs (croak and jump), horse (neigh and gallop), an aeroplane, a train, a cat, a mouse, a bird, a chicken etc.

### 5. Mathematical skills

Choose a number and see how many times you and your child can spot it in a day. Look at post box numbers, road signs, address numbers etc.

### 6. Language and thinking skills

Active Language Development: Play the "why?" game with your child, but you both get to ask questions and give answers:

Why do you wear clothes?

Why do we eat food?

Why does a car have wheels?

Why does a house have windows?

### 7. Faith-building

Pick one aspect of your child's character that needs training, such as perseverance, helpfulness (with a good attitude) or generosity (sharing) and make a focused effort to encourage and train your child in that area. Make sure you are setting a good example too. Praise her for her efforts.