

The Whole Child

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February

1. Gross motor skills

Laterality: Play a game of soldiers and encourage your child to march swinging up the opposite arm to his leg as he steps forward.

2. Fine motor skills

Manual dexterity: Draw a simple dot-to-dot shape on a blackboard and encourage your child to draw a line to connect the dots. Start with only one or two dots at first until your child catches on to the objective. Encourage him not to lift the chalk while he is drawing and also encourage him to cross the midline if necessary.

3. Visual skills

Shape perception: Encourage your child to play with shape sets where she must match shapes with a card or an opening in a shape bucket. Encourage her to start learning the names of the various shapes too.

4. Auditory skills

Encourage your child to sing along with rhymes and children's song. Expose your child to a wide variety of music of different genres – classical, choir, musicals etc. Talk about which kind he likes most.

5. Mathematical skills

Ask your child to perform a certain action a certain number of times. E.g.

- clap hands once
- turn around twice
- stamp her feet three times

Take turns. Let her tell you how many times you performed a certain action.

6. Language and thinking skills

Read story books about farm animals to your child and help him develop his knowledge and vocabulary about them. Help him discover:

- the names of the animals and their young – e.g. sheep – lamb, cow - calf
- the sounds they make – e.g. Cow – moo, dog – woof
- things they like to eat – e.g. grass, grain, apples, hay
- other useful info – e.g cows give milk, hens lay eggs

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7. Faith-building

Read from a Bible or explain to your children in your own words how our Father created the animals of the earth and gave man the task of caring for them. Talk about how one should treat animals kindly and care for them diligently. If you have pets, talk about their needs too.