

July

1. Gross motor skills

Balance: Show your child how to walk on tip toes. Initially she should take about 5 steps, but with practice she will improve.

2. Fine motor skills

Manual Dexterity: Make cookies and let your child play with the dough, cookie cutters and small rolling pin. Alternatively, make some play dough and keep little hands busy with that! Encourage your child to roll the dough into sausages and balls.

3. Visual skills

Colour perception: Play colour matching games with construction blocks. Place a red block in front of your child and ask him to place one of the same colour beside it. Repeat the game with other colours.

4. Auditory skills

Teach your child a new song or nursery rhyme. Sing it often as you go through your daily and weekly routines. There are many benefits to learning songs and rhymes.

5. Mathematical skills

Numerical conceptualizing: Share raisins or other suitable snacks between you and your child. Show her that there is 'one for you and one for me' as you share them out one by one.

Repeat the game with colouring crayons, toys or other objects.

6. Language skills

General insight/Sequence of events: Ask your child questions about her daily routines such as

What do you do ...

- Before you eat? I wash my hands.
- Before you bath? I get undressed.
- Before you go to bed? I brush my teeth and say "Goodnight".
- Before you leave someone house? I say "Good-bye."

The Whole Child

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7. Faith-building

Teach your child to own up, when he has done wrong. He should learn to say: "It was me, Mom" and then apologise. Have a little grace sometimes and using your discretion, don't always punish the offender if he is bold enough to own up. Show him that honesty pays.