

The Whole Child

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March

1. Gross motor skills

Balance: Hold your child by the hands and have fun jumping up and down and around and around together. Change directions too.

2. Fine motor skills

Manual dexterity: Draw the outline of a simple shape on a page, like a large flower, a fish, a tree, a truck etc. Let your child tear up a page from a magazine into small pieces and glue them onto the picture using a glue stick. Guide him so that he 'colours in' the shape using the shredded paper. Alternatively, just let your child tear strips of paper – it is a great activity for developing fine muscles skills.

3. Visual skills

Visual analysis and synthesis: Cut a picture at least of at least half a page from a magazine. Talk about it with your child, then cut it in half and let her place the pieces together again. Cut the pieces in half again and repeat the game.

4. Auditory skills

Auditory memory: Read or tell your child a short story and then ask him easy questions about the most important aspects of the story.

5. Mathematical skills

Numerical conceptualising: Let your child play "one for me, one for you" as she shares raisins, nuts, cereal flakes or candy with you.

6. Language skills

Active language development: Make sentences to teach your child opposites. For example:

You are sitting and I am standing.

The cloth is wet, the towel is dry.

The girl is laughing but the boy is crying.

Elephants are big but birds are small.

After a while, you can leave out the last opposite and let your child complete the sentence for you.

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7. Faith-building

Teach your child easy songs of praise or enjoy listening to child-friendly worship music together. Encourage your child to express his praise in appropriate ways like dancing, raising hands, clapping or playing of instruments along with the music.