



every day's a learning day



3 to 6 years

Health and Wellbeing, Literacy and Numeracy – **Give your Child a Great Start**



About this book



This book for parents and carers of children aged 3–6 years, is designed to highlight that daily life is bursting with many learning opportunities for your child right from the moment of birth. Whether you are tidying up, getting dressed, going shopping or preparing a meal, you can find valuable learning possibilities for your child everywhere you look. This book will help you to see and make the most of these possibilities so that every day becomes a learning day. Even the most routine tasks can lead to learning which is not only enjoyable, but helps to give your child the very best start in life!

As a nation, Scotland recognises the importance of health and wellbeing, literacy and numeracy as key to building positive lives. As a parent or carer, this book is to help you maximise your child's life chances now and in the future.

All children develop at different rates, so don't worry unduly if your child is not doing the same things as your friend's child. However, if you are concerned at any time that your child is not progressing as you think they should, then do not hesitate to speak to the staff in the nursery, or teacher in school, about your concerns. You can also contact your Health Visitor or GP for reassurance and support.



section



Health and Wellbeing is about learning how to lead healthy and active lives, becoming confident, happy and forming friendships and relationships with others that are based on respect. It is also about managing feelings and having the skills to meet challenges, make good choices and manage change.

Pages 12 - 19

section





section

3

Literacy is an essential part of our everyday lives. It helps us to understand and interpret our world through what we hear, see, say, write and read. Early literacy skills start with babies discovering that they can communicate their needs through their first sounds, facial expressions and body language. Literacy is also about using and making sense of technology, films and other media.

Pages 20 – 29

Numeracy is about counting and numbers as well as understanding measurement, money, weight, an awareness of time and how to handle information. It is important, from simple tasks like pairing your socks to paying for your shopping.

Pages 30 – 43



These are exciting times for you and your family, whether your child is attending nursery or has already started primary school. While at nursery or school, your child will learn through *Curriculum for Excellence*. All the experiences you have already shared with your child will have helped prepare them for this new stage. As a parent or carer you continue to have a critical role to play in working with your child's nursery or school to support learning. Children do better when parents, carers and staff work closely together.

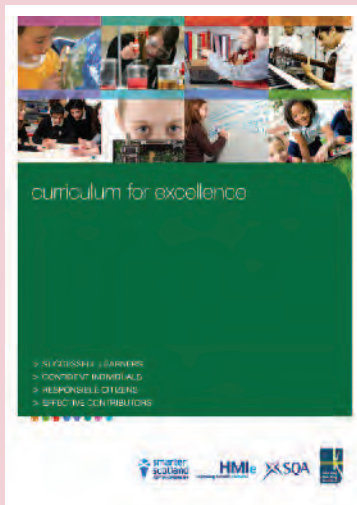


The *Parents as Partners* fact file and other information about *Curriculum for Excellence* can be found on the Education Scotland website.

<http://bit.ly/zkWjc6>

This book aims to support you to make every day a learning day by assisting you to:

- ➔ See how easily you can turn daily life and normal routines into valuable, enjoyable learning experiences.
- ➔ See how much of a difference you can make to your child's learning and development by building these experiences into your daily life.
- ➔ See how important health and wellbeing, literacy and numeracy are for your child's confidence, happiness and successful learning.



Curriculum for Excellence places a strong emphasis on health and wellbeing, literacy and numeracy and highlights that it is the responsibility of all staff working with children to promote these areas of learning. By looking out for meaningful learning opportunities in everyday routines and tasks, you can build on the learning that is happening in nursery or school.

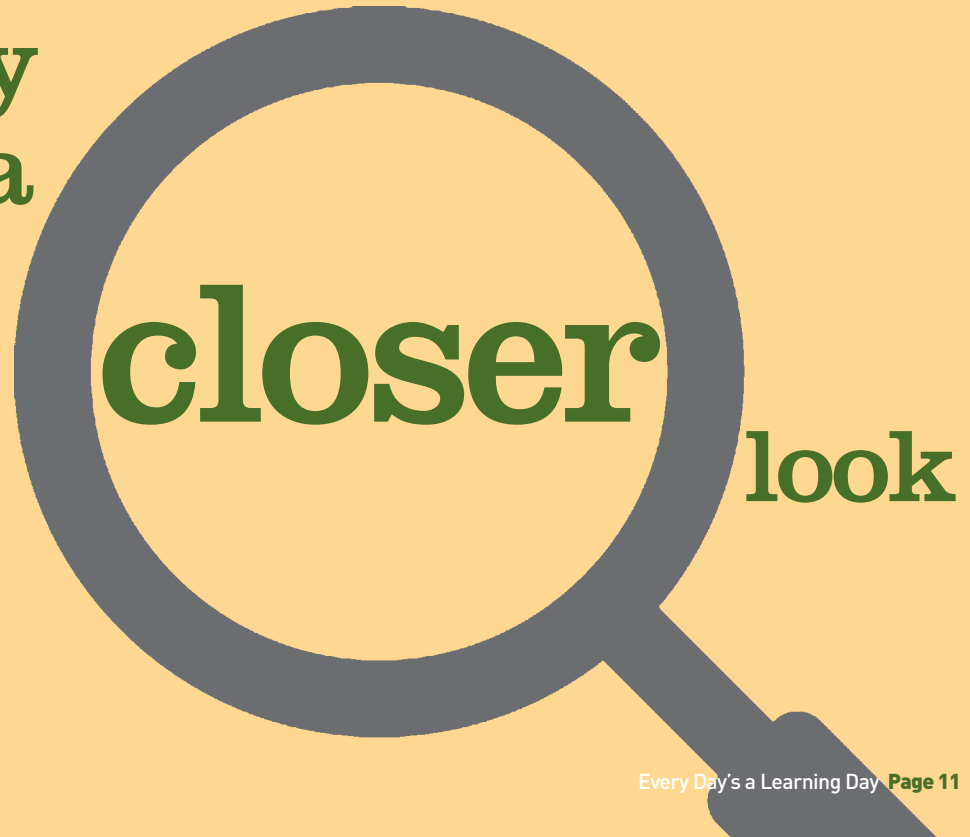


Help your child to enjoy learning by:

- Including your child in everyday tasks and making them fun.
- Making opportunities for choices, taking responsibility, making decisions and solving problems.
- Showing you are interested in your child's learning. Ask questions, listen and give praise when it is appropriate.
- Using new and familiar words to extend and enrich your child's vocabulary, knowledge, awareness of sounds and language development.
- Remembering that your child will learn lots by imitating you... so be aware of what you do and say!

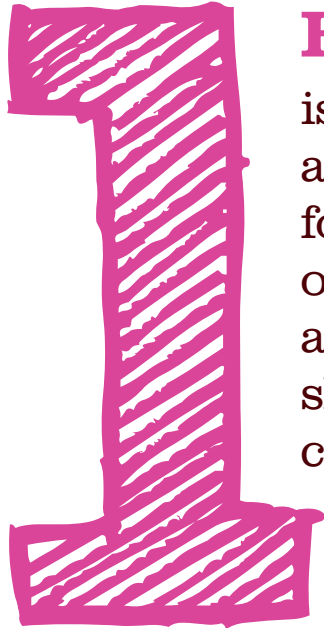


**Health and wellbeing,
literacy and
numeracy
– taking a**





section



Health and Wellbeing ...

is about learning how to lead healthy and active lives, becoming confident, happy and forming friendships and relationships with others that are based on respect. It is also about managing feelings and having the skills to meet challenges, make good choices and manage change.








You can foster your child's health and wellbeing during everyday activities. Just think about mealtimes:

- 🍏 Preparing food together will help your child try out lots of different taste experiences as preparation and cooking are taking place.
- 🍏 Encourage your child to talk about likes and dislikes while offering as many healthy choices as possible.
- 🍏 Having meals together as a family, when you can, allows you to talk together and develop relationships.
- 🍏 Create opportunities for your child to have responsibility, such as setting the table.
- 🍏 Involve your child in helping to tidy the kitchen and keep it clean. Talk about why this is important.

Healthy

Life

Learn together all about staying healthy and well. Help your child to develop an understanding of a healthy diet and how this helps us to grow strong and improves our concentration when learning. Encourage your child to learn about ways to keep safe, how to cope in an emergency and travel safely.

-  Involve your child in shopping for healthy foods – many food labels have colour codes that let you know how much sugar or fat is in food. Help your child to spot healthy products.
-  Encourage your child to experience different tastes, colours and smells. Your child will become familiar with a wide range of foods and eat a variety of things.
-  When you travel together, talk about how to keep safe. Look at ways to cross the road safely by using pedestrian crossings and traffic lights. If you travel by car you can discuss the importance of booster seats and seat belts.
-  At the shops, talk to your child about what to do if they get lost. Help them to learn their address and telephone number so that they could tell a responsible adult and ask for help.
-  Make your child aware of emergency services and how to phone the police, ambulance or fire brigade for help.

Get Active

Taking part in regular physical activity indoors and outdoors is essential for good health and can be an enjoyable part of life. Encouraging children to be active now will help them continue to develop a healthy active lifestyle as they grow.

- Set a good example. If you are active this will encourage your child to be active too. Try to walk wherever possible instead of taking the car or bus. Be positive about being active and your child will be too.
- Involve your child in household activities, such as taking the rubbish out, sweeping and dog walking to keep physically active.

Feelings and Friendships



Children often enjoy playing alongside others before they are ready to play together. Children reach different stages at different times.

You can help your child to understand all about their own and other people's feelings.

- ♥ Talk about feelings and encourage your child to express feelings and chat freely. A good opportunity for this may be when you are having a quiet time, such as cuddles and stories before bed.
- ♥ If your child is upset, provide reassurance that everyone feels like this at times. Talk about the reasons, and also the strategies, that may be used to make things better.


- ♥ Create opportunities for your child to mix with other children and to build friendships.
- ♥ Encourage your child to respect and value others' opinions. Help your child understand that everyone is an individual and has different needs.
- ♥ Get out and about with other adults and children. Seeing you spending time with others and enjoying their company will show your child that friendships are special.



section 2

Literacy ...

is an essential part of our everyday lives. It helps us to understand and interpret our world through what we hear, see, say, write and read. Early literacy skills start with babies discovering that they can communicate their needs through their first sounds, facial expressions and body language. Literacy is also about using and making sense of technology, films and other media.

A woman with brown hair, wearing a black and white patterned top, is walking outdoors and holding the hand of a young child with blonde hair wearing a white dress. They are on a paved path with green trees and bushes in the background. The scene is brightly lit, suggesting a sunny day.

Have fun together
as your child
develops literacy
skills, through
the things you do
and places you go.

- Encourage your child to listen carefully to all the sounds around them and talk about them together. Good listening skills are important for recognising the sounds needed for reading.
- Explore the different signs you see in the street about litter, cyclists and dogs. Talk together about what the signs mean and why they are there.
- Indoors or outdoors, play word games such as I-spy. This will encourage your child to think about the sounds at the beginning of words and will ultimately help your child to learn to read.



Literacy



Reading

Even before children learn to read themselves, they can enjoy books and become aware of many other texts on signs, notices, phones and other screens. Reading is important for finding the information we need in our daily lives, and as a tool for learning.



Make looking at books, magazines, comics or newspapers part of your daily routine, for example reading a newspaper at home or the notice board in the doctor's surgery. This will help your child to understand what different texts can be used for.



Read inside and outside. Have fun reading shop signs, labels on items in the supermarket, the menu in the restaurant and mail that comes through the door. Your child will start to recognise words and letters that they see regularly.



Encourage your child to explore the sounds different letters make as you tidy up together by saying for example '*Let's put away something beginning with d*'. This will help your child to recognise sounds and match them to the object. Remember to say the initial *letter sound* and not the letter name.

Writing



and Mark-making

The marks and drawings children make act as expressions of their thoughts and ideas.

With your support, your child will continue to build on these early stages to become an enthusiastic writer.



Encourage your child to write in everyday situations. This will help your child to understand the purpose of writing. Involve your child as you write shopping lists, notes, birthday cards or appointments on the calendar.



Carry pens and paper in your bag so that your child can have fun using them in different situations, such as at the bank or post office.



There are different ways we can write to our friends and family. If you are writing emails or text messages talk about what you are doing and involve your child.



Ensure there are plenty of writing materials around the house for your child to experiment with and enjoy, such as pens, pencils, crayons and paper. Old diaries, calendars and notebooks make useful paper for writing on.

Talking



and Listening



Talk to your child about the routines and events of the day, like breakfast time, getting ready for nursery or school, setting the table for dinner or getting washed before bed. This will help to order thoughts and increase vocabulary.



Encourage your child to be imaginative and tell you stories about things that have happened during the day. Show that you are interested and take time to ask questions.



As you walk along the road, ask your child to identify the sounds they hear and describe the things they see. This will help your child to develop good observation and listening skills.



Try to establish the habit of making sure you read, talk and listen to your child every day. Sometimes adults talk to their children to give instructions but forget to be the *listener* and develop good conversations.



Make up shopping lists together. When you get to the shops, ask your child to recall some of the items on the list. This will help to improve listening and memory skills.

Talking and listening is part of literacy and of almost everything we do. Ensuring that you spend time talking and listening will help your child to build an understanding of words and the use of language and communication.



section 3

Numeracy ...

is about counting and numbers as well as understanding measurement, money, weight, an awareness of time and how to handle information. It is important, from simple tasks like pairing your socks to paying for your shopping.



Numeracy



You can think about numeracy as you go about many aspects of daily life.

Think about when you are travelling short or long distances with your child; walking, cycling, travelling by train, car, bus or plane.

Opportunities to count and use numbers are all around you!



Play I-spy and spot numbers as you go. This will help your child recognise lots of numbers and become more familiar with the sequence of numbers. You can also encourage your child to count the number of yellow cars, carriages on a train or wheels on a lorry, bus or car.



Talk about the distance you have travelled in a way that your child can understand. For example: 'We are two streets away from home' or 'Three more stops on the bus and we will be there' or 'Let's count how many steps until we reach the front door'.



Look for notices and signs when you are out – how many are the same or different? Talk about signs that are different shapes, colours or have different numbers on them.



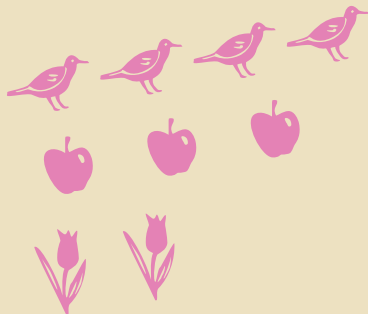
Look at coins together and involve your child as you pay for bus and train tickets. This will help coin recognition, counting and understanding that more coins may not mean more value.

Numbers



and Counting

Encourage your child to explore numbers, and to understand that each number represents a specific amount.



- 1** Count out loud with your child – counting forwards and backwards builds confidence in number order.
- 2** Count real objects as you go about your daily routine – cups, socks, shoes, packets. As your child becomes confident in doing this, begin to add and take away. For example ‘If I add 3, how many will I have?’
- 3** Play number spotting games at home or at the shops and look for numbers on packages, clocks, coins, buses and car registrations.
- 4** Have fun with numbers and make sequences and patterns together, grouping items into 2s, 5s or 10s.
- 5** Use words such as first, second or third to help your child understand and describe the order of things. For example ‘Who will be first to be dressed for going out, who will be second?’

Gathering and organising information





Encourage your child to collect, organise, match and sort objects in different ways. Try organising by shape, colour, size or purpose.

Create opportunities for your child to use time, number and technology to make choices and decisions, like selecting favourite TV programmes, or using programme recording functions.

- 1** Involve your child when recycling and sorting rubbish or old things – talk about the shape and size of the objects as you sort.


- 2** Encourage your child to help you with the washing, perhaps by sorting light and dark clothes and programming the washing machine. Your child can also organise the clean clothes by matching the item to the owner. By doing these kinds of chores together, your child develops numeracy skills as they make judgements and estimates about size.


- 3** Involve your child as you look at a timetable to plan your journey. Decide together what time you should leave home, when you are likely to arrive, and what number of bus you need to take.





**Experimenting
with different
everyday objects
around the home
encourages your
child to learn
about measurement.**

1 2 Measurement

 At bathtime, talk together with your child about the water level rising as you fill the bath. As your child plays in the bath, use different sizes of plastic tubs or containers to compare sizes, for example by asking, 'How many little tubs of water will you need to fill the big tub?'

 Involve your child when you are baking and cooking by measuring ingredients using spoonfuls, cupfuls or scales. Use language such as more and less /fewer, heavier and lighter to compare amounts.

 As you tidy up, encourage your child to arrange toys or books in order of size, width or height, and clothes in order of length or size. As you sort out the toy box together, ask your child to find things that are shorter, longer, or about the same size.

 Encourage your child to guess which glass will hold more juice and then try it out, as this will be fun and increase understanding about volume. Your child will soon discover how containers that are short and fat can hold the same amount as glasses which are much taller and thinner.

Money

Helping children to become aware of money is a very important part of developing good numeracy skills.



Talk about the names, value, shape, size and colour of coins as you use them.

When shopping, draw your child's attention to the different ways you can pay for things such as using bank cards both in shops and online.

Take an interest in your child planning how they will save or spend pocket or birthday money as this will help to begin, build on, and develop money management skills.



Time

Help your child to become aware of the seasons, months of the year and time of day. Learning about time is an important part of numeracy and an essential life skill.

As you go about your routines and tasks, use words that help your child to understand time, such as yesterday, tomorrow, next week, last year and so on.

Point out the time on the clock, particularly at breakfast, dinner or bedtime by noticing and chatting about where the big and little hands are. As your child understands more, they will want to know more. Use a clock with clear and familiar numbers.

Through everyday use and conversation, your child will understand what calendars are used for. Talk about the day, date, month and year. Record appointments on the calendar together and count how many sleeps, days or hours until a birthday or other important event.

Help your child to become aware of time passing, by encouraging your child to notice seasonal changes all around.





Learning about **health and wellbeing, literacy and numeracy** will equip your child with essential skills for life. You and your child are on an exciting learning journey together with every day full of learning opportunities that naturally present themselves – so make the most of them and make every day a learning day!



<http://www.ltscotland.org.uk/earlyyears/resources/everydaylearning.asp>

The QR code and link above will take you to an online version of this book and links to other helpful resources.

If English is not your first language you can use the ideas and suggestions in this book with your child in your home language. All children will benefit from support and encouragement from parents and carers to develop their skills in health and wellbeing, literacy and numeracy.

This book is also available in Gaelic at the above web address.