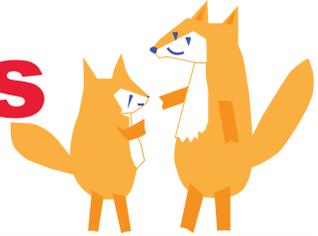


The best coach for your kids is you!



What you do really matters!

- All children are born to learn, but just like in sports they need a coach to help them with tactics and skills.
- Children learn through play. Before they go to nursery or playgroup, everything they learn they learn from you.
- It's not about experience, qualifications or money, you are the best person to coach your child.

No pressure!



Here are some tactics to Coach your Child to be a Brilliant Learner

So, how can you develop better skills to coach your child?

You can build on lots of things that you're already doing. When you spend time with your child you are helping them to learn and understand the world around them.

Why do it?

It's easy - you can use these tactics in the every day things that you already do. It can help your child (and your family):

- have fun and enjoy spending time together
- have fewer arguments
- have easier bedtimes
- have an easier time when they go to school

Did you know?

- Children spend only 15% of their waking hours in school
- A four year old can ask up to 400 'why' questions a day!
- Kids are brilliant learners! By age 5, they will know over 3,000 words.
- At the age of 6, we will have learned half of our adult vocabulary.
- We learn fastest in the first 10 years.

1 Coach your child to be **Ready to Learn**

■ This is about helping your child to believe they can learn and giving them reasons to want to learn and value learning

Tactics

Give them a reason to want to learn

Praise and encourage your child to believe they can do it. Even if they don't achieve a task, praise the effort!

Set simple goals. Break things down into small steps, so that you can reward each small success.

My son wasn't interested in potty training until I told him he couldn't go into the soft play until he was out of nappies, then he suddenly really wanted to do it.

Example

Rolling a ball to your child encourages their physical coordination and can also help concentration, speech and listening skills.

Praise may be a big enough reason for your child to want to learn these skills, but adding in a 'When you can kick the ball, you will be able to play football with me in the park' may help.

2 Coach your child to be **Resilient**

■ This is about sticking at something and not giving up

Tactics

When your child can't do something, instead of doing it for them, help them.

Keep encouraging your child, even when they get it wrong. This will help them to not give up and keep trying.

By teaching your child to learn to feed themselves, they will become independent - the first step to them leaving home!



Example

When you help teach your child to feed themselves, you break their food down into bite size pieces. It's just like when you learn.

3 Coach your child to be **Resourceful**

■ Help your child to find new ways of doing something

Tactics

Use things you have in your home

Example

This skill is very important in saving you money! Toys and games can only be used so much until your child will get bored and want the latest thing. Being resourceful is about coaching your child to use everyday things to play and learn.

If you can help your child to develop their imagination, a box can become a bottomless pit of ideas, games and fun and it won't cost you a penny.



The **Resourcefulness** Game

This is about using everyday objects to tell stories and stimulate imagination

Step 1

Find an everyday object. It could be a stick or a leaf from a walk, or a shoe or a spoon.

Step 2

Ask your child what else it could be. These questions are the starting points for stories. Let your imagination run riot!

Example

Could the stick be a magic wand or a snake? If it is a wand, who owns the wand? Are they good or bad? Can you use the wand to make some magic? What spells would you make?

Could the leaf be an animal's boat? What type of animal is it? What is the animal called? Where is it sailing to? Why is it going there? What happens when it gets there?

Step 3

Tell your child a simple story about the people, animals or things that you have talked about.

Step 4

Ask them to paint or draw a picture of the story.

Stories help your child to learn and to talk. This means that even tiny babies will benefit from story telling. As your child gets older, they will be able to offer more of the answers to the questions and will soon be able to tell YOU the story.

4 Coach your child to Remember

■ This is about helping your child to remember things they've learned

Tactic

By repeating and practising different games and activities, your child will remember more and more

Example

Repeating everything you do with your child helps them to remember.

Asking them to show you how to do something helps them to remember.

By the 100th time, your child will finally learn the star shape doesn't fit into the triangular hole!

The Remembering Game

This is about helping your child to develop their memory skills by using techniques and their senses such as sight, touch and hearing.

Step 1

Choose 6 small objects from your home and put them on a tray. Choose ones that have a different sound or smell, or feel different e.g soft, hard, furry, bumpy.

Step 2

Ask your child to look at them, then close their eyes and turn their back on the tray. Take one object away and hide it behind your back. Then ask your child if they can tell you what has gone. Small children may find this quite difficult.

Step 3

If your child gets it right, praise them and add a couple more objects next time round. If they can't remember, ask them questions e.g. 'Was it a car or an apple?' Then show them the object. Repeat the game again, but this time before you play ask your child to hold each object and talk about how it looks, feels, smells or sounds e.g. is the object red, soft or noisy? You'll be amazed at how much more they remember!

5 Coach your child to Reflect

■ This is looking back at what they have achieved and thinking about how they did it. How can these skills help them to learn even more new things?

Tactic

Show your child how they have learned new things. Remind them how they did it and how they can use the same tactics again.

Example

At age 1 children can barely stand. But by age 3 they are running around, and developing a range of other skills and abilities.

How do they do this?

- Copying adults
- Experimenting (e.g pulling themselves up on furniture)
- Learning by experience (e.g. finding different ways to get up)
- Getting support and reassurance (holding hands with adults, getting praise and encouragement)