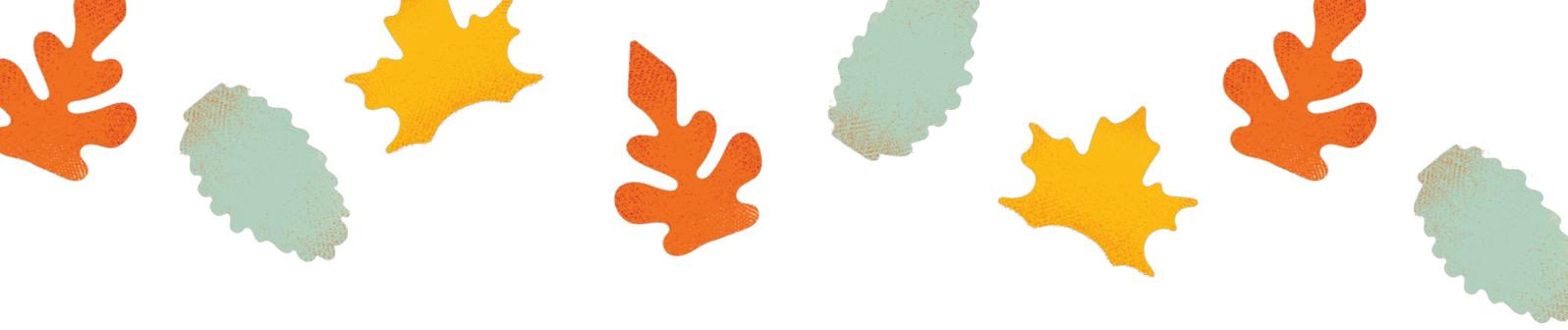
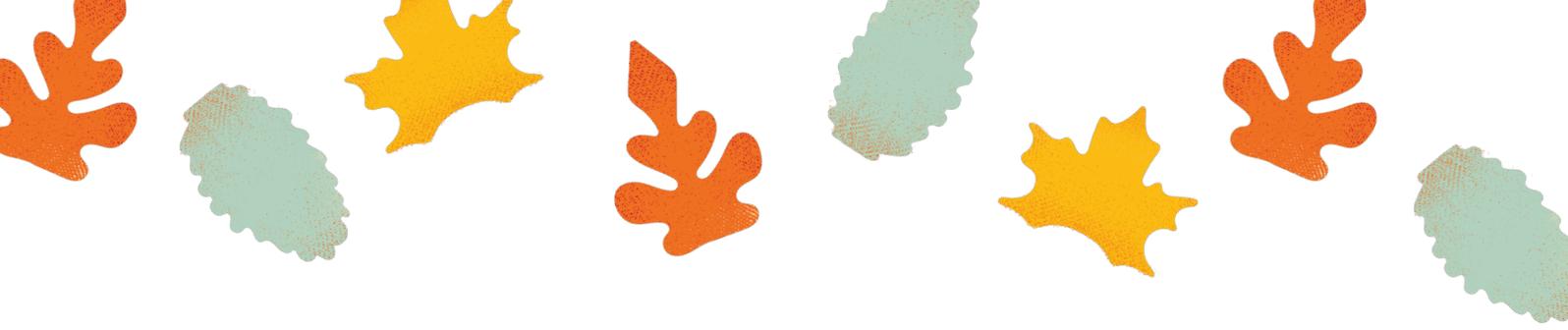


# School Readiness for Preschoolers



# INFORMATION GUIDE





# Why Are the Early Years so Important?

During the first six years of a child's existence, they learn almost everything they need to know to prepare for the rest of their lives. Sure, they'll continue to learn throughout their lives, but never at the same rate as they do in their early years.

These formative years are your opportunity to provide your child with nonstop learning opportunities that will have a direct impact on how they cope in school. The foundation a child obtains throughout the first six years is the best predictor of success in junior and senior high school.



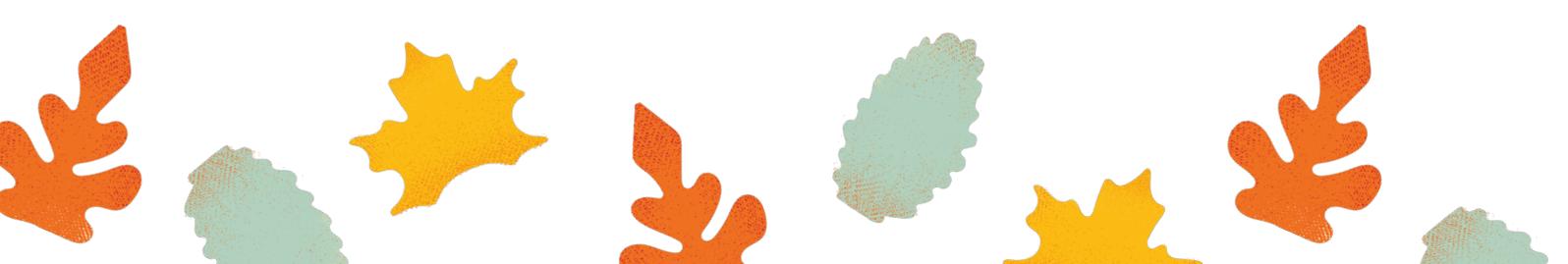


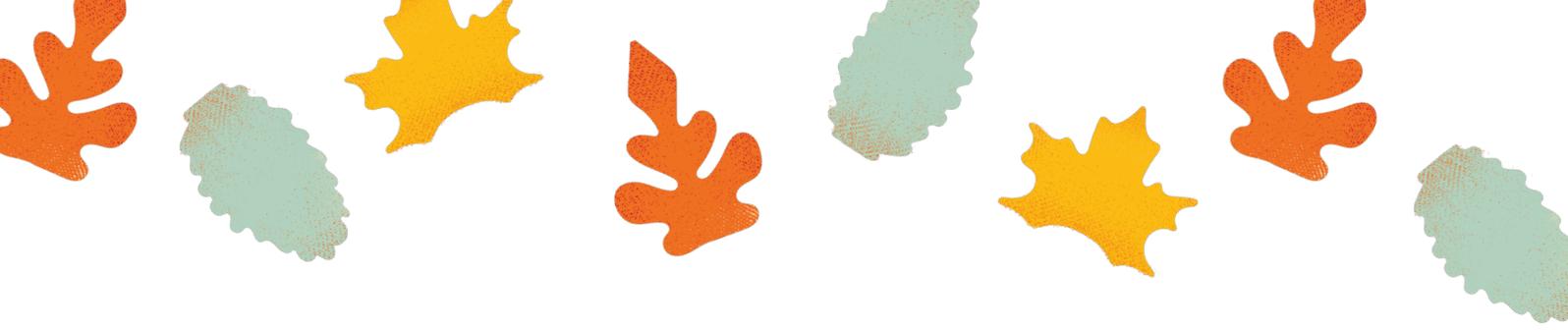
Genetics is only the tip of the iceberg, according to research, and the stimulation a child receives throughout these years is the true decider of whether or not they will become good readers, writers, mathematicians, thinkers, and problem-solvers!

## **Isn't My Child Already Learning at School?**

If your child attends a creche, daycare, preschool, nursery school, or kindergarten, they are undoubtedly learning a great deal. When kids come home, though, they don't stop learning!

Because young toddlers learn through play, they are constantly learning. The beauty of this is that because the learning is so enjoyable, your children will not complain about being weary or bored (as they might do with their homework one day). There's no need to put them in a chair and force them to do things they don't want to do. As a parent, you have the opportunity to provide entertaining learning opportunities at every turn.



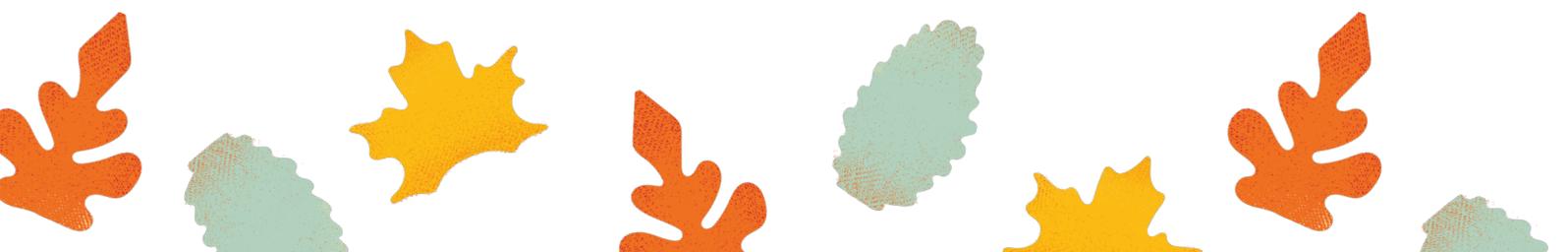


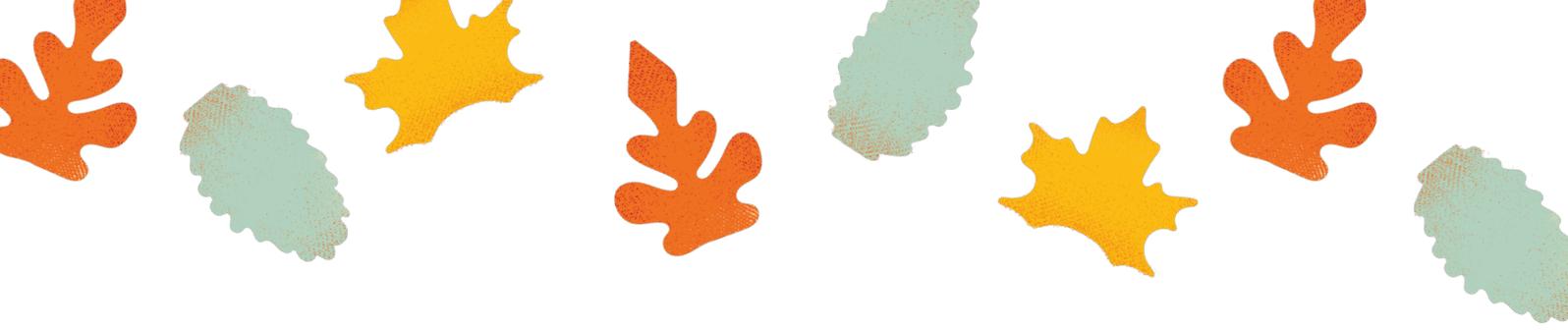
Your youngster enjoys spending time with you and doing activities with you, so your recommendations will be well received. When was the last time your child asked you not to read a story or sing a song to them?

This book will help you prepare your child for formal schooling by helping them build abilities via play. I'll show you how to provide developmentally appropriate informal learning activities for your child.

It's about providing you ideas you might not have thought of otherwise, such as turning dinner preparation into a math activity or bringing your child some plastic cups to play in the mud so he can learn about capacity.

It also doesn't mean you have to arrange activities all day; free play is just as important as any other activity and should be promoted on a daily basis. You'll learn how many things your toddler is learning while roaming around the garden in this tutorial.

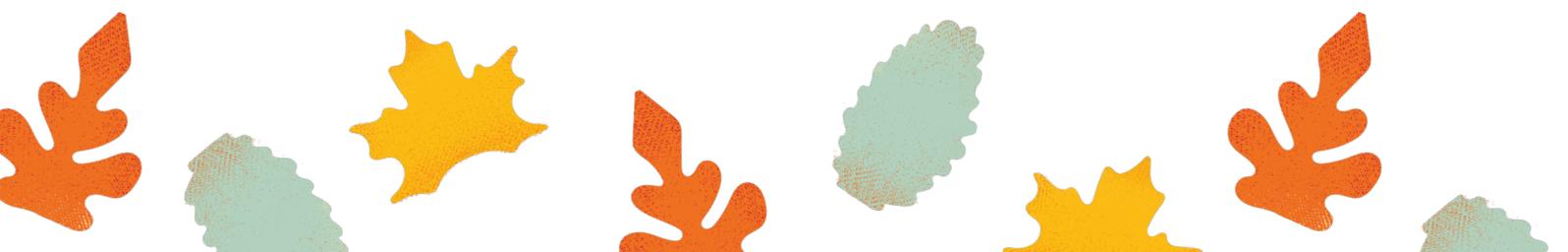




Despite the fact that your child attends school, you are still the primary educator. I wrote this book because I believe that every parent should be aware of the educational significance of everything they do with their children. Children, more than anybody else, learn more from their parents.

If you are homeschooling your child, you will have all you need if you follow these recommendations. Make sure your child has plenty of social connection with siblings, family, and friends, and the rest of the experiences will come.

You only have around 6 years to make the most influence. After that, you can continue to stimulate and grow your child, but remember that the investment you make in those early years will pay off. Make the most of it.

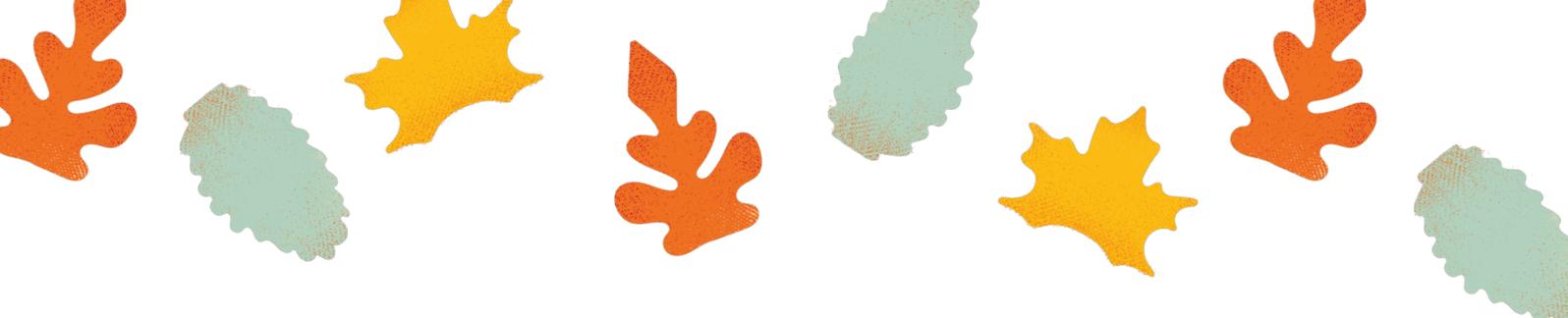




## What Are the Skills Child Needs to Learn?

Children must develop their social, emotional, physical, and cognitive/intellectual skills over the first six years of their lives. Physical and cognitive abilities can be divided into the main categories stated on the next page, each of which is discussed in depth in this guide:

- Visual perception
  - Auditory perception
  - Listening skills
  - Speaking skills
  - Gross motor skills
  - Fine motor skills
  - Early reading skills
  - Early writing skills
  - Early mathematics skills
  - Creativity and thinking skills
- 



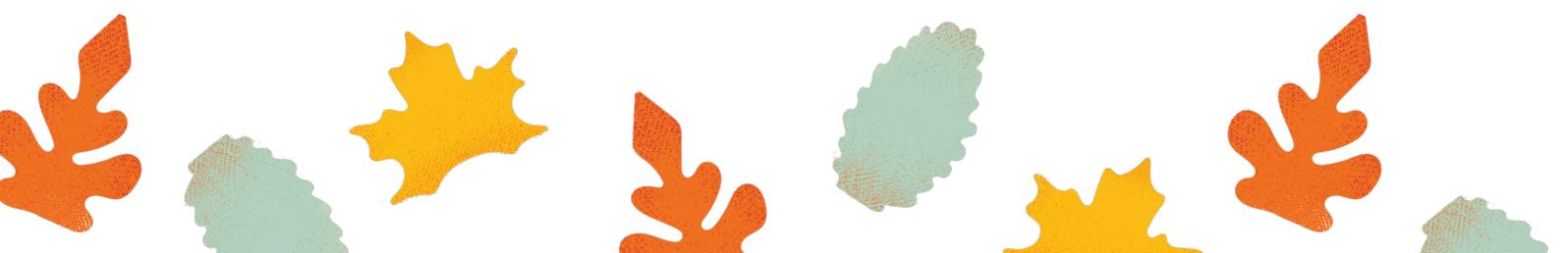
## What Can I Do to Help My Child Learn?

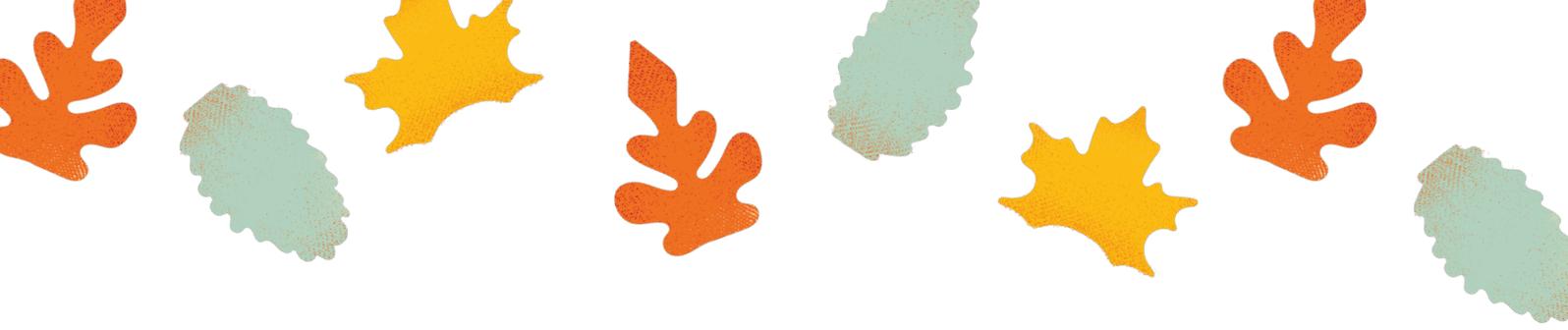
As a parent, you may teach your child by giving a variety of INFORMAL LEARNING chances. Free activities, adult-guided activities, and routine activities must all be balanced for children.

Free activities include indoor and outdoor free play where children can choose activities that are appropriate for their developmental stage and learn to make autonomous decisions. Children can use these play sessions to improve their creative thinking, language, and problem-solving abilities.

They acquire acceptable social behaviour such as taking turns and becoming less egocentric when they play with peers or siblings.

As a parent, you have the power to create opportunities for your children —  
such as leaving old boxes outside to be used as part of a game.

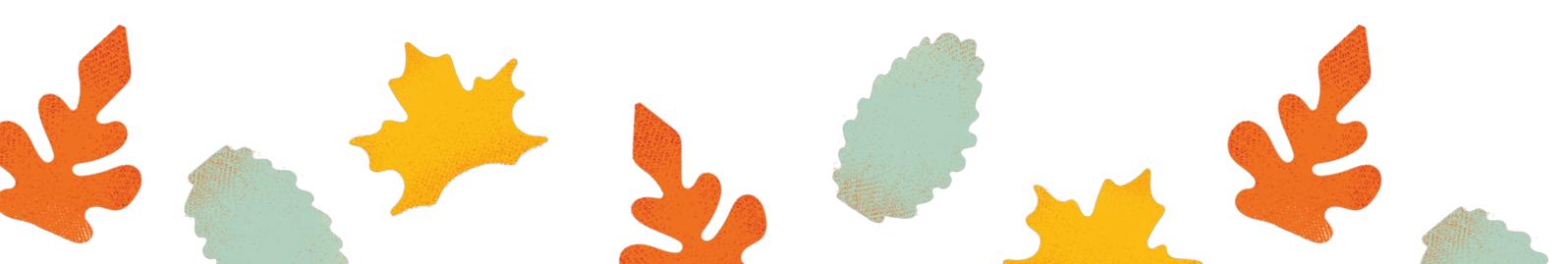




Adult-guided activities provide a break from unstructured play and can be used to target specific intellectual/cognitive skills such as language, knowledge, listening skills, concentration, and so on.

Routine activities provide your children a sense of security since they can anticipate certain periods of the day (e.g. story time). When your children understand what is expected of them, it strengthens their sense of belonging and allows them to grow more physically independent (e.g. washing hands before lunch).

Provide indoor and outdoor play, free-play and adult-guided activities, socialization and solitary play, active and quiet moments, consistency and flexibility to your child's day (have routines but allow for spontaneous learning opportunities to happen).





## LEARNING THROUGH PLAY

One activity can be utilised to teach your preschooler anything. Play is that action.

If you want your children to learn to read, write, do math, and solve problems, they must play far more than most parents understand. It's tempting to buy workbooks for preschoolers in the hopes that they'll learn to write with a set of worksheets, or to get a reading programme for your 3-year-old (these are surprisingly popular). Let me just add that this is a complete waste of time that could actually harm your child's growth.

Your 3-year-old may be able to read simple words, but if he didn't learn rhyming patterns and auditory discrimination (just two of many skills) through nursery rhymes and listening activities, reading and comprehension challenges may emerge – unfortunately, this often happens later in life. In the early years, play is the most effective teaching strategy. Take it on with vigour! All of the activities suggested in this handbook are a type of play in some way. Some involve unstructured play, while others include directed activities as well.





Learners who are self-motivated are known as children. They will desire to explore and learn if you provide them with enjoyable experiences. They will concentrate and devote themselves to studying the more they enjoy the activity.

If only we could let our older children go on like this. Some of the effortless learning is lost once we tell them they have to learn to write an exam or memorise things for homework. Hopefully, the educational system will be overhauled in the future, as I do not believe it is meeting the needs of all pupils. Learning should be enjoyable and rewarding for people of all ages.

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Play is how children learn about themselves and others while exploring their world. Children are naturally motivated when they play, and they engage in all activities as if they were genuine (think fantasy play). The beauty of play is that it places the emphasis on the process rather than the outcome.





## The Value of Play

The advantages of playing are numerous. It cultivates ALL of the abilities necessary for a child's physical, emotional, social, and intellectual development. Here's a quick rundown of the regions and skills that are enhanced via play:

### **Physical Development:**

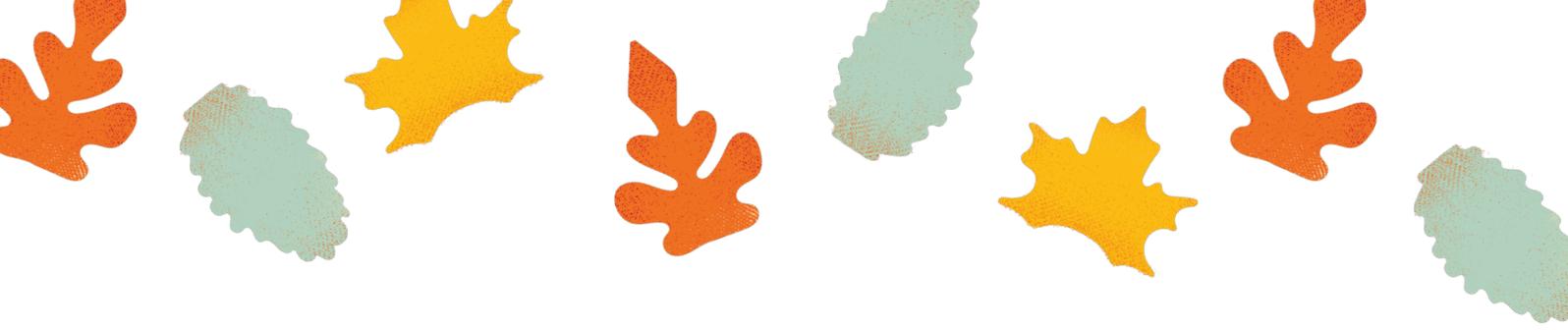
- Play develops gross and fine motor skills.
- It develops body control and eye-hand/foot coordination.
- Through play children can practise skills and grow self-awareness.
- Play provides an energy release and encourages general health and fitness. Concentration is improved.

### **Social Development:**

- Play teaches cooperation, taking turns, thinking of others' needs and empathy.
- Children learn to express needs, follow rules, lead and be part of a group.
- Children understand socially acceptable behaviour through play.

*Swati Tripathi*





# The Value of Play

## **Cognitive Development:**

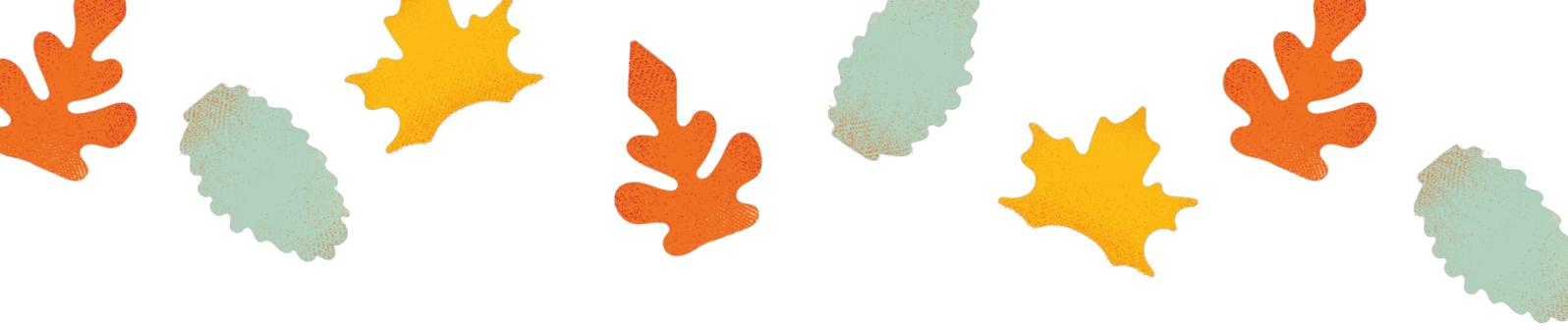
- Play develops listening skills, memory and planning abilities.
- Communication skills and language are developed.
- Play teaches children to distinguish between reality and fantasy.
- It develops visual and auditory perception.
- Play encourages creative expression, higher-order thinking, problem-solving, knowledge and reasoning.
- Skills such as identification, differentiation, generalization, classification, grouping, ordering, abstraction, symbolization and synthesis are learnt.

## **Emotional Development::**

- Play allows time to learn without worrying about failure and encourages learning competence. Play teaches self-control, healthy expression of emotion, maturity and independence.
- Play builds personality, self-confidence and positive self-image.
- Through play, children are able to deal with life situations by acting them out.

*Swati Tripathi*





Your children should engage in the following sorts of play on a regular basis:

### **Fantasy Play**

Dress-up play or make-believe play are other terms for fantasy play. This is the type of play that allows a youngster to express how he sees and interprets the world.

Fantasy play promotes emotional, social, and cognitive growth.'

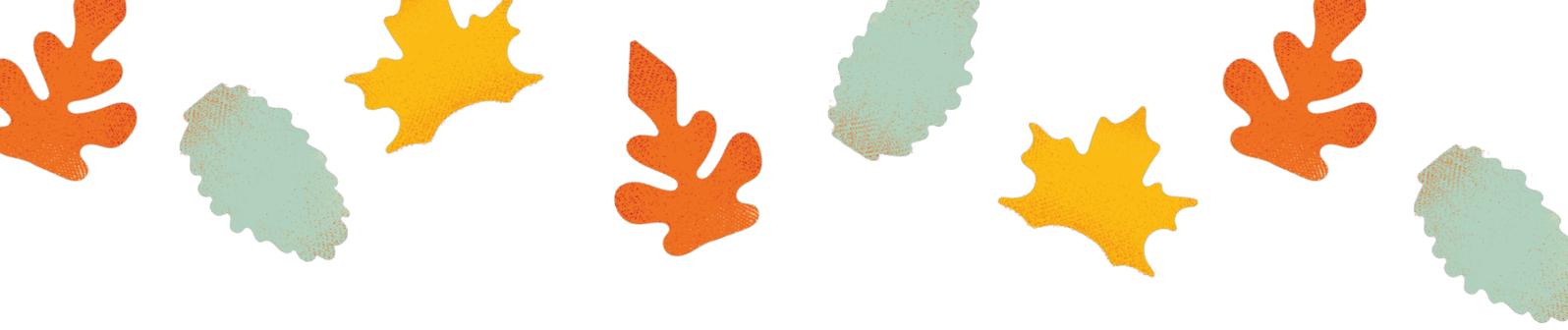
Fantasy play has several advantages, including reducing anxiety and fear, coping with frustrations, making sense of the world, practising adulthood, learning social skills, and improving cognitive skills such as language, creative thinking, and problem solving, as well as concept development.

Parents can foster fantasy play by offering opportunities for it, providing props and dress-up clothes in a variety of themes (not just a dolls' house), and separating an area of the room to play in with low shelves or dividers.

By asking questions and interacting with your child while they play fantasy games, you can help them expand their vocabulary.



*Swati Tripathi*



## Block Play

Block play entails using any type of block, including wooden, plastic, foam, or rubber.

Understanding the world; learning to plan, reason, resolve, generalise, analyse, and discriminate; forming mathematical concepts; building confidence through creation; having an outlet for aggression; learning social skills such as cooperation; developing motor skills through carrying, stacking, shifting, and packing are just a few of the advantages of block play.

During block play, certain mathematical principles are picked up by accident:

Quantity (for example, "I still need more blocks to finish this road.")

Surface and volume combine to provide a sense of space and area (e.g. building a house and climbing inside it.)

Geometry - naming shapes; comparing shapes (this block is larger, is round); classifying shapes; organising shapes by size and location (first, last); counting shapes (the same amount, less, more) – building the foundation for simple addition and subtraction.

Toddlers begin by arranging blocks in horizontal and vertical rows.

They then construct simple bridges by stacking two blocks with a space between them and a third on top. They construct closed circuits, symmetrical creations, and ornamental inventions after that. Finally, the block creation transforms into a structure (such as a house), and fantasy play begins.

Parents can leave children to play independently but use language such as slope, hold up, tower, higher, build as they play to develop their child's concepts and vocabulary.



*Swati Tripathi*



## Manipulative Play

Playing with puzzles, little blocks, and construction toys, as well as other games and educational toys, is considered manipulative play. Puzzles are great for sharpening your mind, eye-hand coordination, and tiny muscle control. They teach colour and shape recognition, as well as other visual perception skills.

Number, form, and colour concepts, abstract reasoning, observation abilities, and language are all developed with manipulative toys like Lego, Dominoes, beads, or creating links/shapes.

Block and manipulative play are great activities for improving concentration. During these types of activities, children frequently lose track of time for long periods of time.



## Sensory Play

Sensory play includes activities like water play and sand/mud play that excite and develop the senses. This is frequently the cause of your children's filthy clothes when they get home from school.

This is my personal favourite type of play because it offers so many educational advantages. Water play has a calming impact on youngsters and helps them to relax and cope with stress. Pouring water into and out of containers helps children develop eye-hand coordination.

Volume and conservation are two mathematical concepts that are taught (e.g. two bottles hold different amounts of water). Early science experiences (e.g., exploring the physical features of water – such as evaporation) are also provided via water play.



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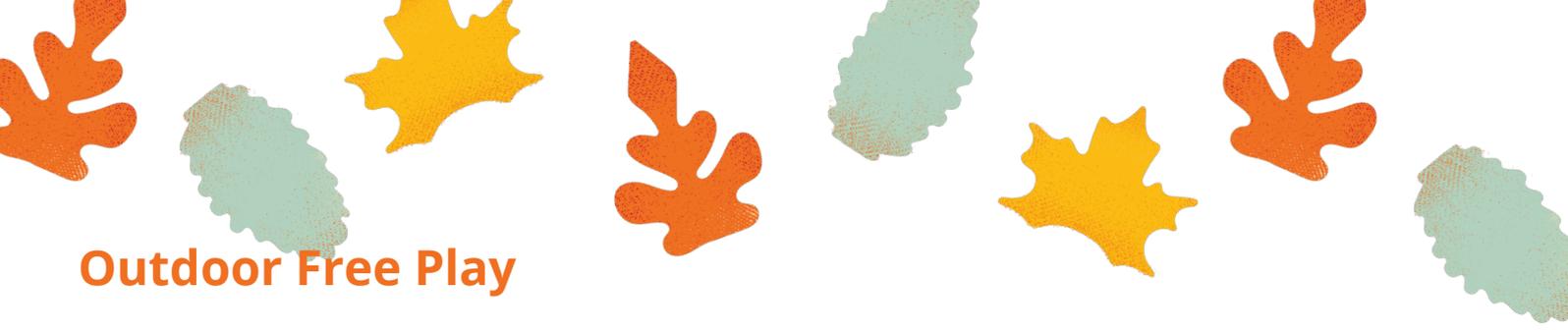
Playing in the sand and dirt is a terrific tactile experience that most kids enjoy. It also encourages social engagement, which frequently leads to fantasy play.

Give your child a variety of containers, such as cups, bottles, and funnels, as well as other toys like waggons, cars, people, and animals. While your child is playing, encourage them to use phrases like "fill it halfway," "it's full," and "there's more sand in this container."

Some kids dislike the feel of sand or don't want to get their hands soiled. If this is the case, provide an apron, join your child in the sand, or attempt to encourage the activity again at a later time.



*Swati Tripathi*



## Outdoor Free Play

A child's daily routine should include outdoor free play. Children require room to run, climb, balance, ride, and engage in a variety of other motor activities. During outdoor play, children acquire cognitive, emotional, social, and physical skills. The fact that much of their free outdoor play has been replaced with watching TV and playing on screens is one of the main reasons why so many youngsters are suffering academically nowadays.

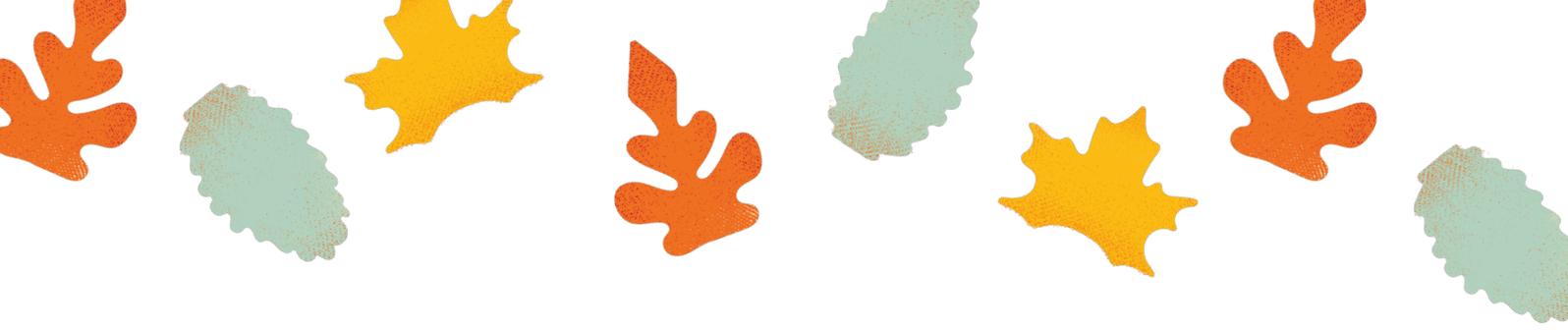
Outdoor play is essential for children's development of gross motor skills. Large muscles are referred to as gross motor. Gross motor skills must be well-developed in order for fine motor skills to develop. Developing gross motor abilities is the first step in learning to read and write.

In your family, making time for vigorous free play every day should be non-negotiable. So that your children do not try to avoid being active in favour of watching TV, set aside time for them to watch TV for a few minutes at a certain, scheduled time each day.

This type of play can be fully child-directed, but the environment can also be put up for a specific purpose (e.g. leave out old wooden beams as a balancing activity, leave blankets and boxes out to build a house, or make walking stilts out of old tins and rope.)



*Swati Tripathi*



## Competitive Play

Children, whether playing with siblings or friends, are naturally competitive. This is natural, but make careful to emphasise that games are meant to be enjoyed, not to be won.

When children compete, they learn a variety of social, cognitive, and physical abilities. If you want your child to win anything, don't give them a gift. Discuss how much pleasure it is to play with others, regardless of whether we win or lose. When your child is mature enough, they will be able to compete for prizes more effectively (such as at school.)



*Swati Tripathi*

