

Dads make a difference

Spending time together makes your child feel special. It also helps them learn to feel good about themselves and manage all sorts of feelings. They need you to:

- give them lots of praise ... "you did a great job putting your toys away, thank you".
- build confidence by allowing them to make easy decisions – a banana or an apple for a snack is a simple choice and a great way to begin.
- talk about what you are doing and how they could help you.
- look at them when they talk to you so they know you're really listening to them.

Show your toddler how to behave by being a good role model – children learn by watching you!

- teach them that not getting things right the first time helps us to learn. Encourage them to try again and practice new skills.
- let them know when change is about to happen – "3 more turns on the slippery slide and we need to go home" or "one more game and then it's time for lunch".



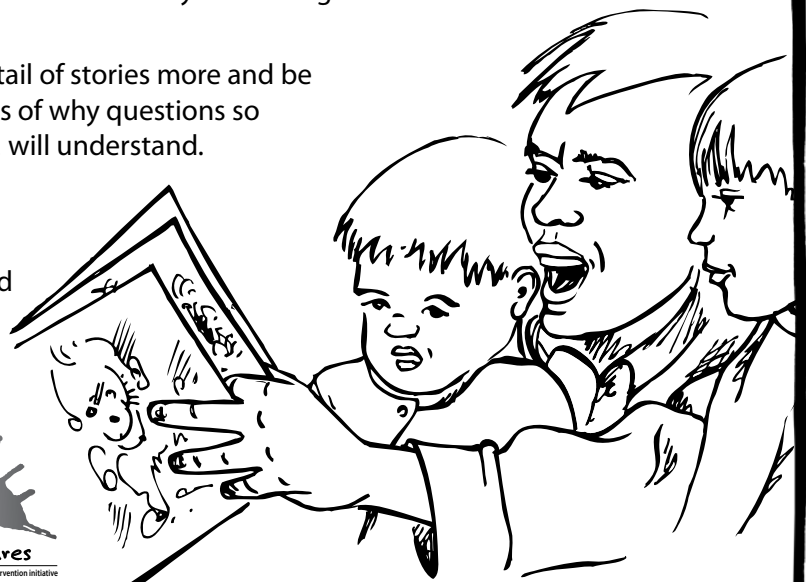
1-3
years

Parentline: 132 055
www.raisingchildren.net.au

Reading together

Find time in your day for story time – because reading together is important for young children. Here are some tips to make reading together fun:

- choose books that have sturdy pages and flaps for them to turn and lift.
- look at the book and at them. Point to the pictures and talk about the things your child is looking at. You don't need to read all the words.
- when reading aloud change your voice to make the story interesting – loud and soft, happy and sad.
- older children may begin to enjoy the detail of stories more and be interested in the words. They may ask lots of why questions so answer questions in a way that your child will understand.
- read your child's favourite book over and over again.
- let them see you reading – you don't need to read a book, newspapers or magazines are fine as well.
- visit your local library – it's free!



1-3
years

Outside play time

1-3
years

Young children love to play outside and spend time with you. Help their skills and imagination grow by trying some of these ideas:

- play together in sandpits and paddling pools. Bring along buckets and spades, toy boats or fish, measuring cups – have fun digging, splashing and floating.

Never leave children alone while they are in or near water.

- blow bubbles – children love to chase and catch bubbles. They may even want to give blowing the bubbles a go. Remember to clean their hands afterwards so they don't get soapy water in their eyes.
- help them enjoy push along toys and three-wheeled bikes. Remember to use a helmet and stay close while they are learning.
- visit the park or playground – they are great places for children to practice new skills and play with others. Slippery dips, see saws, swings and easy climbing frames can be great fun for young children. Don't forget hats and sunscreen!
- discover different insects and animals together – worms, ants and lady bugs. Feeding the ducks is great fun.



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Inside play time

1-3
years

Young children love to explore and learn through play. These easy games and activities can help your child's skills grow:

- let them help around the house with simple jobs – packing their toys away and washing the car are jobs young children can help with and have fun. Remember they still need lots of help, especially for bigger jobs.
- try make-believe play and dress-ups. Your clothes and shoes and things around the house are great to use.
- try easy puzzles – give them lots of time to think about where the pieces go. They may try lots of spots before they find the right one – be ready to give them some help if they need it.
- draw and colour with them. They will learn lots about drawing from watching you. Try pencils, crayons, washable markers – make it fun.
- build a car or cubbyhouse from cardboard boxes or make some play dough together. Make shapes, roll snakes or make pancakes!
- try a posting game – children can post pegs, blocks or old letters – it will help your child's thinking and memory skills. Make a post box by cutting slits into the front of a cardboard box or use a tissue box.

MAKE PLAY DOUGH

- You need 1 cup of plain flour,
- 1/2 cup of salt,
- 1/2 cup water,
- a few drops of food colouring

Making play dough:

1. Add food colouring to the water
2. Mix salt, flour and coloured water together
3. Knead to form a ball

Tip – add a little extra salt & flour if the dough is too sticky.

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