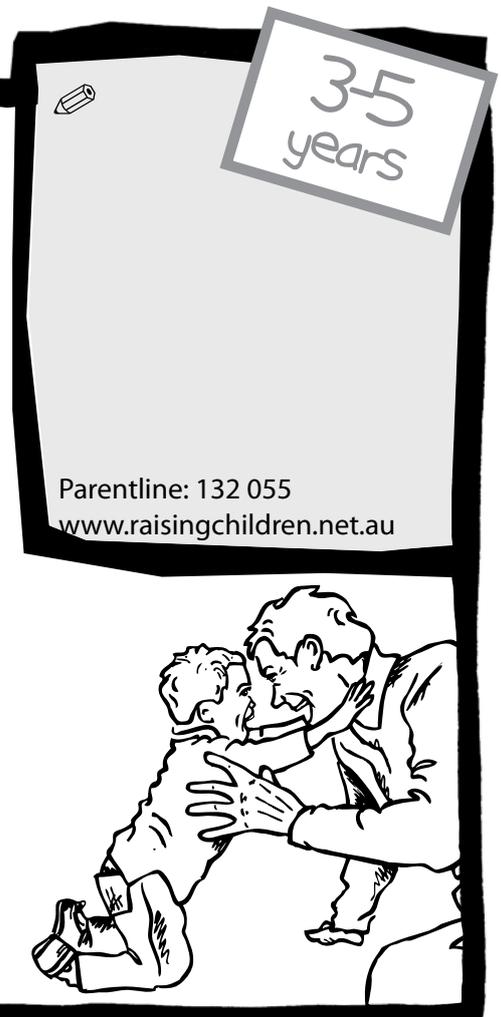


Dads make a difference

You are very important in your child's life! Here are some ways to build your relationship and help your child learn to be with others:

- give praise as often as you can – don't wait till they've done something perfectly – praise the little things! This helps your child feel good about themselves
- let them know you care about them and what happens in their day. Talk together, share a laugh - turn off the TV and spend time together.
- listen to your child and give them time to tell you how they feel – show your child you understand – e.g. say "it sounds like you are really cross". Sometimes children have tantrums because they feel ignored so take time to stop and listen.
- help them understand what you are saying – repeat instructions in different words and carefully explain what you mean.
- teach them that not getting it right the first time helps us to learn – "you practiced a lot when you were learning to ride your bike, keep practicing and you will soon be able to catch."
- if you are feeling angry or frustrated, take time to cool down in another room or outside – your child will learn how to deal with hurt feelings by watching you.

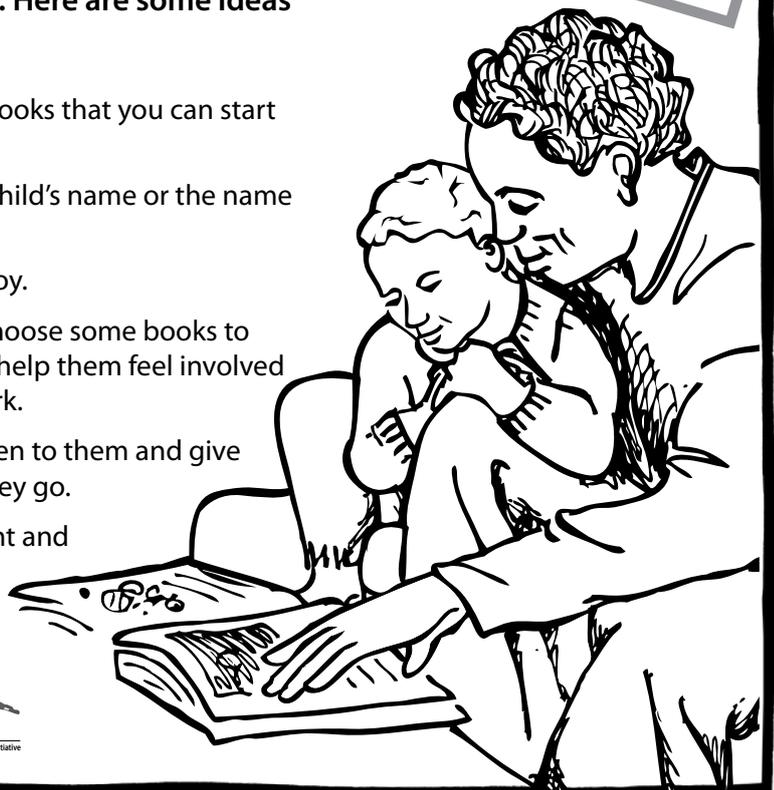


Parentline: 132 055
www.raisingchildren.net.au

Reading together

Reading is important for children. Make some time each day to read with your child - even if it's just a few minutes. Here are some ideas to make reading fun:

- choose stories that are not too long – find books that you can start and finish in one go.
- change the main character's name to your child's name or the name of their toys.
- choose stories that all your children can enjoy.
- visit the local library and ask your child to choose some books to read (find the books for their age). This will help them feel involved and will teach them about how libraries work.
- your child might like to tell you a story – listen to them and give them lots of time to make up the story as they go.
- your child will learn that reading is important and fun by seeing you read – you don't need to read a book, the newspaper or magazines are fine.



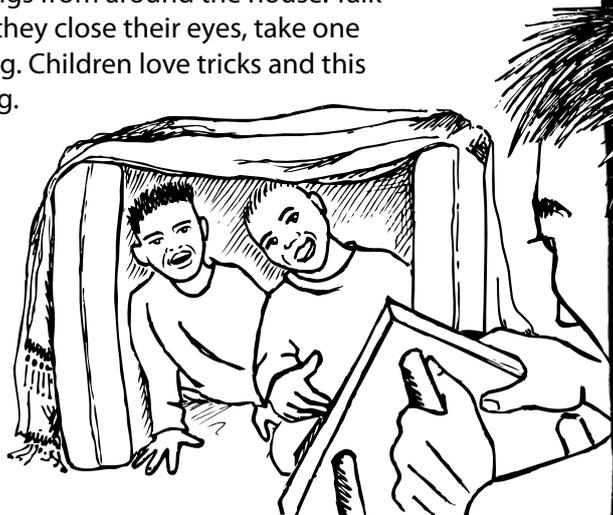
Inside play time

3-5
years

Children love to explore and learn through play. These simple games and activities will help your child's skills grow:

- make a cubby together out of cushions, blankets and chairs. Encourage your child to come up with ideas about what their cubby could look like.
- build a car or rocket together using cardboard boxes – talk about what you see on your travels to outer space, make different car noises and count down to blast off in your rocket! Children love to use their imagination!
- give memory games a go. Use a towel and a few things from around the house. Talk about the different items with your child and when they close their eyes, take one thing away. See if they can remember what is missing. Children love tricks and this can be a fun way to help them practice remembering.
- try some easy puzzles and simple games with rules. Play a game of Snap with cards. Local libraries often have children's games and puzzles you can borrow.
- draw and paint together – don't worry about getting a picture just right. Give finger painting and painting with sticks a go. You can even blow paint through a straw to make a great pattern.

DADS MAKE A DIFFERENCE



Outside play time

3-5
years

Get active with your child and really help their skills and imagination to grow by:

- going to your local park or playground. Take a bat and ball, bike or a kite. Parks and playgrounds can be great places for children to try new games and meet new friends.
- visit the beach or a river. Playing in the sand and in the shallow water can be great fun for kids. Take along some old containers and a plastic spade to build castles. Don't forget hats and sunscreen!

Always watch your children carefully when you are at the beach or river, especially when they are in or near the water.

- dig for 'treasure' in the backyard – it doesn't really matter what you find. Use your imagination to turn a rock into gold or a stick into a wand. Your child will have some great ideas and it can be the start of a great game.
- use big chalk or a paint brush with water to draw and paint on outside bricks or the drive way. You could even draw around your child with chalk and then together fill in what's missing – eyes, ears, nose, mouth and hair.
- take a train or bus trip to somewhere new, a different park or to the beach. These trips are great fun for children. Pack a lunch and enjoy the day together.

DADS MAKE A DIFFERENCE

