

THRIVE WITH 5

PLAY TALK READ EAT WELL AND SLEEP

READINESS
FOR
LEARNING

READINESS FOR LEARNING IS A MAJOR INFLUENCE ON FUTURE SUCCESS. APPA ENCOURAGES PARENTS TO FOCUS ON FIVE KEY WAYS THAT GIVE THEIR CHILDREN A GREAT OPPORTUNITY TO DO WELL IN LEARNING.

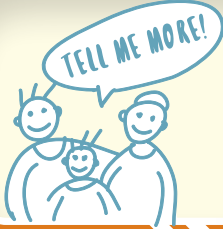
1 PLAY

Make time to play with your child, including outside and inside play. Play develops key motor skills like running, balancing, throwing and catching. Play helps develop game skills as children follow instructions, take turns, share with others and build resilience. As well as having fun, children increase fitness, muscle strength and flexibility, and enhance their creativity and imagination.



2 TALK

Talk with your children to build their speaking and language skills. Through conversations they increase word vocabulary, pronounce words better, understand instructions, and develop imagination and knowledge about the world around them. We know that by developing oral language skills we lay strong foundations which help children learn to read.



3 READ

Reading with, and to, your child sets up attitudes and behaviours for later learning. Modelling reading, too, influences your child's reading habits. Reading is more than books; it's reading the packaging on a breakfast box, the signs and notices around us and the stories your children write. Through books, children boost their imagination, creativity and knowledge.



4 EAT WELL

When children eat well they have energy for learning and play. They concentrate better and achieve more. Limiting your child's sugar intake, drinking water rather than soft drinks and ensuring plenty of fresh food sets up the right habits for later in life. Eating well yourself is the best way to influence your child's attitude to eating.



5 SLEEP

Children need sleep to give their body and mind a chance to rest and grow. Limiting screen time and putting in place routines and behaviours for a good night's sleep, will see your child more alert and ready for the day. Model the behaviour you want by turning off your screens and ensuring you get enough sleep.

