

## Helping children learn, helping them at school

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In Switzerland, schools expect the following things of children:

#### - **Independence**

Children must be able to dress themselves, feed themselves and go to the toilet alone, and perform tasks without assistance

#### - **Healthy behaviour**

Children should be rested when they are at school. They need enough sleep (8-10 hours a night, in bed by 9 p.m.) without having a nap after lunch or in the afternoon. They must have eaten enough for breakfast and lunch. They bring healthy food and drink to school (fruit, water, bread).

#### - **Following rules**

Children arrive at school on time, unless parents have already reported that their children are sick. All the children help to keep the classroom clean and tidy. Children raise their hand if they want to say something.

#### - **Language skills**

Children can speak well, in sentences, in their own language. They can understand instructions in the country's official language.

#### - **Motor skills**

Children can hold a pencil and use scissors and glue sticks. They can move around easily, e.g. run, go up stairs, climb and balance.

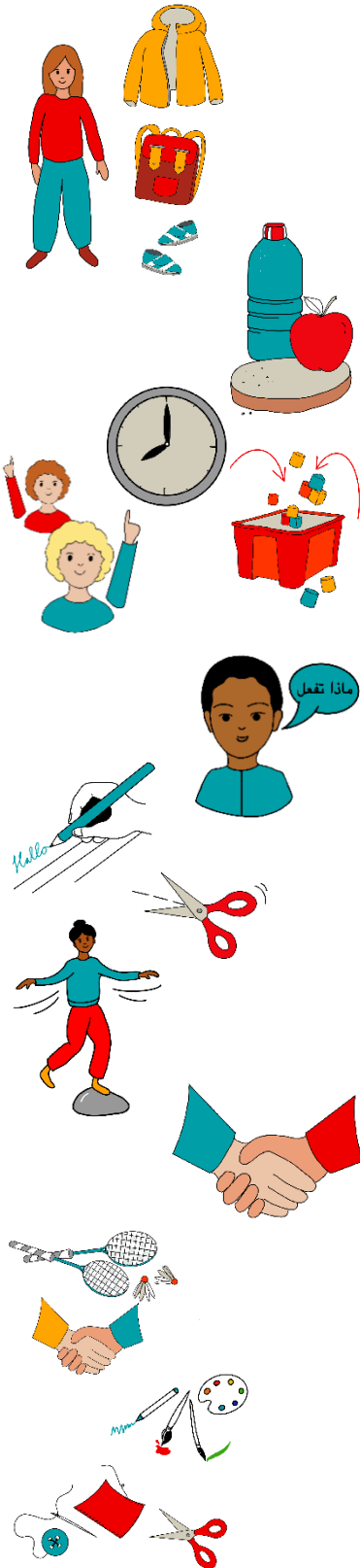
#### - **Showing respect**

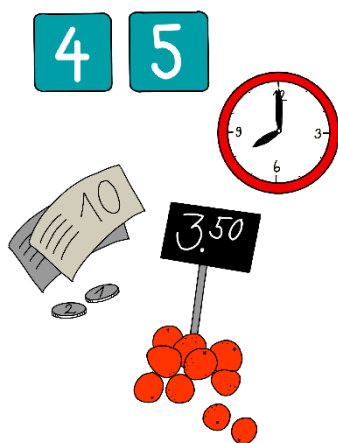
Children use the teacher's surname when speaking to them. They wait their turn. They say sorry after an argument.

#### - **Playing together and being creative**

Children let any other child play with them. They share toys and classroom materials. They have already had experience of creative activities like music, painting, crafts and making things at home and can handle different materials.

Parents can practise all these things at home in the family and this will help their children when they go to school.





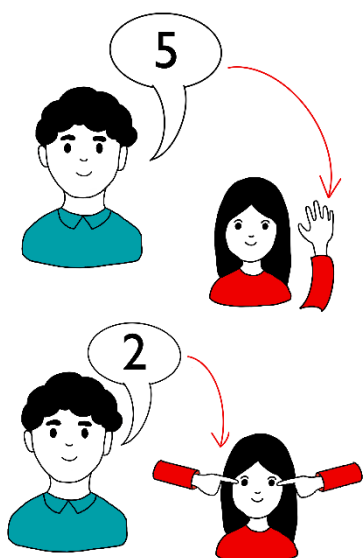
## Learning maths through play

### Discovering numbers and quantities in everyday life:

Parents can show children all the numbers they see in everyday life: the prices are displayed when they go shopping. The prices can be added up on the receipt. The time is shown on the clock.

When cooking, you need to weigh flour, count eggs, measure out milk. Perhaps you need to double the quantity.

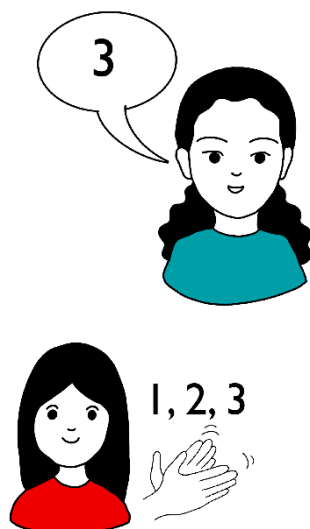
Parents can show their children all this. In this way, children learn to understand about different numbers and quantities



### Game: Counting parts of the body

The child counts the parts of his or her body. One nose. Two eyes. Five fingers on one hand.

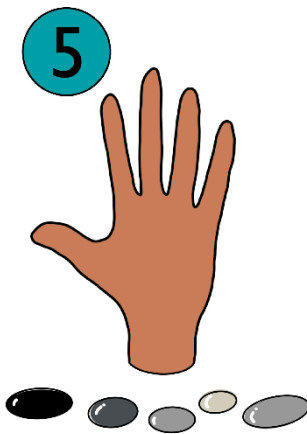
Parents can set problems for the child to solve: How many arms do you have? How many toes? How many fingers do you and I have together?



### Game: Hopping and clapping

The parents say a number and the child should hop or clap that many times. For example: Mummy says "Clap 3 times". The child claps their hands three times. Daddy says: "Hop 2 times". The child hops twice.

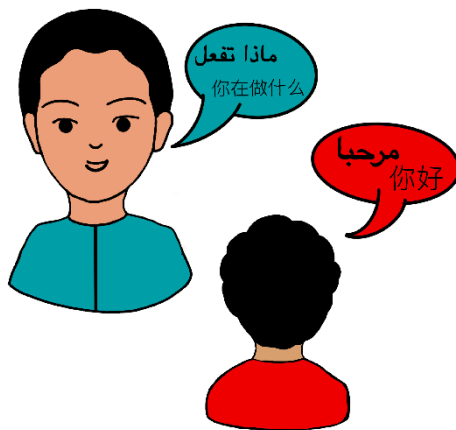
In this way, the child learns to count, and is physically active at the same time. That's good for them and helps stop them from getting bored.



### **Game: Counting with stones or other objects**

The child looks for 10 stones, or 10 crayons or other objects. Parents can use them to practise maths with the child. They say to the child: “Make two piles the same size. How many stones are there in each pile?” or “Put all the stones in a row. Count how many there are” or “Take two stones away. How many are left?”

You could also use more stones or other objects. In that way, the children can learn to count and do sums up to 20 or 50.



### **Learning language through play**

#### **Talk to your child a lot in your own language.**

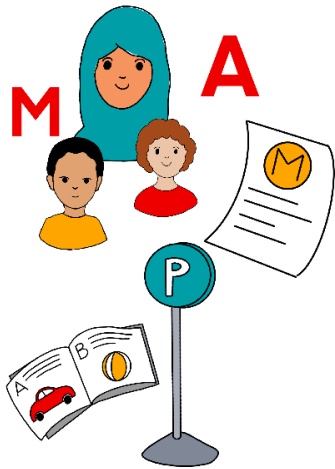
Your mother tongue is the child’s most important language. So talk to your child often in your language. Talk about what you are doing (I’m cooking. I’m cutting up carrots. I’m stirring). In the evening, talk about what you did during the day (We were at home. You did some climbing at the playground. We watched a film.). Talk about everything that you experience, see, do. Children want to talk a lot and ask a lot of questions. That’s how they learn the language.



#### **Look at books and magazines together**

Children see the letters in books, newspapers and magazines. Read simple books with your child, either in your own language or in your new country’s language.

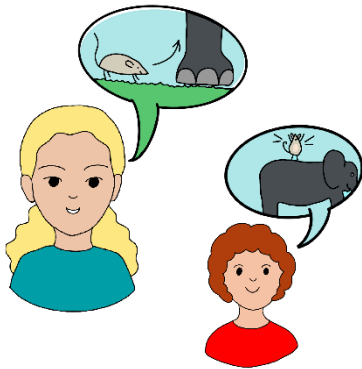
Even if they can’t yet read the letters, looking at books and picture books helps with language learning. You can talk to your child about what they can see in the picture book: “What can you see? What’s that person doing? Why are they doing that?”



### Discovering letters

Children want to learn to read. You can find letters everywhere with your child: In books. In newspapers. On posters on the wall. When you go shopping. At the bus station. Letters are everywhere.

That's how children learn the letters.



### Making up stories together

You can make up a story with your child. "Once upon a time there was a little mouse. There was something very special about the mouse. It was as strong as an elephant..."

You can do it in your own language. Or you could invent a simple story in your new country's language.

On this website you can find videos in your own language about how you can help your child with learning language: [www.kinder-4.ch](http://www.kinder-4.ch)