

### Storytelling and Reading

Read to your child and encourage him or her to tell you stories. Listen carefully and, again, keep up a conversation. Through reading and telling stories, abilities like listening closely, paying attention, imagination and focusing on the spoken word get strengthened. The child slowly learns to imagine and understand the 'world in the story'. They also expand their vocabulary and learn about the structure of a story (beginning and end etc.).



### Rhymes and Poems

Language can come in many shapes like rhymes, poems, songs, syllable plays, tongue twisters, jokes and sayings. Sharing these helps develop a sense for sound, rhythm and melody of speech and also raises ambitions (finish a tongue twister, remember a poem/song, etc.)

### Playing

Give your child costumes to dress up in and toys like puppets. Role play, theatre and playing with puppets helps promote the development of language, boosts creativity and raises interest in stories, fairytales and literature.



### Writing Down Stories

Encourage your child to write their stories down. If they are too young to write, you can write it down while he/she tells it and later illustrate it together by coloring or drawing pictures for the story. The stories can become a book and your child can experience being an author without even knowing the whole alphabet. This way writing becomes a fun and successful activity and him/herself.

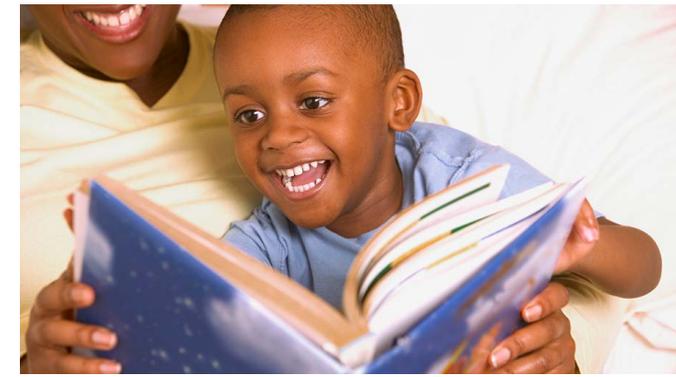
### Playful Experiences with Writing

Raise interest in writing by giving your child a place with some space, books and equipment to express him/herself, experiment and try things out. Alone, or with your help, he/she could 'write' or design posters and logos.

## Suggestions to positively affect your child's behaviour

1. Give your child a reliable schedule to decrease their anxiety by setting a well-ordered daily routine with recurring rituals, but without haste,
2. Set clear rules to help your child to internalize appropriate behaviour and learn about limits ('no means no').
3. Limit TV/screen time and the number of toys to help your children develop their creativity and find solutions on their own.
4. Provide toys that demand creativity and activity to strengthen their ability to focus and concentrate.
5. Encourage your child to finish a game, task or activity before starting a new one.
6. Don't interrupt or disturb your children when they are deeply concentrating on their play.
7. Agree on a time of day when everybody can do what he or she wants to do for 15 to 30 minutes alone (read, write, play, sleep...). The only condition is no one must disturb the other during that time.
8. Give your child time to rest and to calm down, which he or she has to fill on his own. Boredom is ok!
9. Encourage your children to keep their room in order. Everything has its place.
10. Let your children help. Little tasks in the household help build up responsibility and autonomy.
11. Praise every new learned skill and success but don't praise what is already natural.
12. Set small and accomplishable goals to raise motivation and willingness to work (not too easy, not too hard).
13. Expect first-graders to typically focus on one thing for about 20 minutes. After that they need a chance to rest and focus on other things.

*Children who experience books, language and writing (literacy-experiences) have clear advantages in developing good speech, reading and writing skills. These competences play an important role for success in school, ongoing education and life, so an early approach is highly recommended.*



## Tips for Parents of Preschoolers and Primary School Kids

### Picture Books

Looking at picture books is a very effective way to stimulate development of language and speech. Children usually enjoy the closeness and attention of adults in such a situation. This helps build up a positive relationship and connects language with positive emotions and memories. Talk to your child about the many things going on in the book. Show interest in the thoughts of your child, ask questions and fantasize together about whatever comes to your mind while looking at the pictures. Always be in dialogue with each other and don't hesitate to read the book twice or even more often. Repetition helps intensify their thoughts, ideas and memories.



Information was taken from a document of the 'staatliches Schulamt München'