

### ***How can I help my child?***

- Let your child stack blocks, cigarette cartons or matchboxes
- Tell him/her to build it

### **FORM CONSTANCY**

### ***Problems my child could experience?***

- Struggle to see differences between shapes
- Struggle to read and write

### ***How can I help my child?***

- One shape at a time
- Start with a circle, square and then triangle
- Let him/her experience the different shapes, e.g. walk in a circle
- Let him/her make different shapes with matches



### **Activities which can be useful:**

- Always talk to your child while doing cleaning and cooking. Through explaining colours, position and shapes and by repeating it, your child will learn. For example: Look at the red apple on your round plate / Go and get me your blue shirt on the chair.
- Use matchboxes, matches or tin cans to build things.
- For fine-motor skills let your child pick up small things, or let him thread caps through a shoe lace.
- Let him draw pictures on the ground with a stick and decorate it with stones and other material
- I spy with my little eye
- Hop scotch
- Paper dolls from empty toilet rolls
- Musical instruments with paper plates and seeds



Is my child ready  
for school?



**health**

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## Which skills are important for my child to have?

### Self-confidence

- Show your child that you love him/her.
- Do things with your child.
- Set a routine.
- Make the environment comfortable and peaceful.
- Be an example for your child.

### Language

- It is important that your child can express himself. He must be able to talk to someone.

**He/she must be able to know his senses and use them.**

### Basic concepts

- Colours
- Shapes
- Size
- Numbers

*Gross motor skills*

*Fine motor skills*

*Body awareness*

*Figure Ground*

*Form Constancy*

*Position in space*

*Spatial Relations*

## What does my child need to know before going to school?

- Know body parts and point them out
- Know what left, right, in front, behind and on top are
- Build a puzzle
- Know colours and be able to match them
- Draw a circle, square and triangle
- Know differences and similarities between objects
- Count to ten

## How can I help my child develop these concepts?

### COLOUR

- Teach him/her 1 colour at a time.
- Let him match colours
- Use things around him/her e.g. food and clothing.

### FIGURE GROUND

#### **Problems my child can experience:**

- Struggle to point out an object in a picture
- Struggle to write words from the black board
- Struggle to get a specific object between others.



## How can I help my child?

- Ask your child to point out something around you
- Let him pick up specific things and give it to you
- Let him point out differences in pictures

### POSITION IN SPACE

#### **Problems my child could experience?**

- Changing letters and numbers
- Drawing upside down
- Confusing b and d
- Reading and writing

How can I help my child?

- Teach your child left, right, on top and in front of
- Let him climb on top of and over things.
- Make an obstacle course, underneath tables, etc.
- Play Simon Says
- Draw a man and body parts, as well as different objects around him e.g. a dog next to the man

### SPATIAL RELATIONS

#### **Problems my child could experience?**

- Draw a picture upside down
- Change letters and numbers around