



Hi! My name is Marilyn!

The struggles of poverty are often passed along through generations. My parents were poor so I expected my husband and I to struggle. But I don't want to pass these struggles on to my daughters and Family Academy has shown me how education is the key to building their future. After we started activity-based learning, my daughter, Lea, excelled at school and they've even awarded her for her excellence!

Today we'll practice using everyday items all around you to teach your child!

BEGINNING SOUNDS (THINGS AROUND US)

SKILL: Idea of beginning of sound

HOW TO PLAY (PART 1):

1. Choose objects to practice with. You will be saying the beginning sound of their names, so make sure you get a variety and are able to identify the sound of each object you choose to work with.
2. Point and say the name of the object and ask your child to repeat after you.
3. Make the beginning sound of the object's name and ask your child to do the same.
4. See if they can figure out which letter makes that starting sound.



Parent: This is a banana. Can you say banana?

Child: Banana.

Parent: The beginning sound is "ba." "Ba."
Now you try.

Child: "ba".



Parent: Wonderful! Do you remember which letter makes the sound “ba”?

Child: B!

Good job! Now try some other objects. Make sure when you are showing your child how to make sounds, they can see your whole face so they can watch how you form words with your mouth.

LET'S TALK ABOUT FOOD

SKILL: Vocabulary, Communication

HOW TO PLAY:

1. Select photos of different types of food.
2. Show your child one photo at a time and ask them questions about the food.
3. To get started, keep the questions about the five senses: see, smell, feel, taste, or hear.
4. If you can use real food, they can involve their senses instead of relying on memory.



Parent: This is a picture of what some people usually eat for breakfast. Do you know these foods? Let's name them.

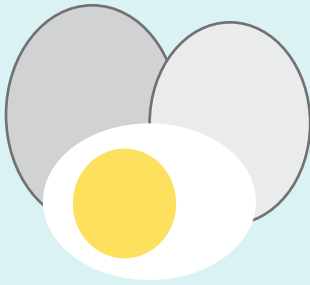
Child: Egg. Toast. Juice!

Parent: You like juice. What does juice taste like?

Child: Sweet!

Parent: Yes. Toast is yummy too. How does toast feel? Is it hard or soft?

Child: Toast is hard.



Parent: You're right. What about eggs? Are they hard or soft?

Child: Eggs are soft.

Encourage your children to ask questions and talk about food and eating. These are other questions you can ask to start conversations with your child.

- What does it smell like?
- What color is it?
- What does it taste like? Salty? Sour? Spicy? Bitter? Sweet?
- Does it make a sound when you bite it? Is it loud or quiet?



You can do this over every meal that your family eats! In the Philippines, we like to have eggs and toast or fish and rice for breakfast. So much to talk about!



PARENTING TIPS

Show immediate appreciation when your child learns something new or when she shows you something she learned. You can do this with words or physically with a high-five, hugs, or clapping!



What makes your child feel appreciated? A hug? Doing a happy dance together? A sticker? Try different things and see what makes them shine.