



Hi! My name is Ruth!

I grew up in a broken family. My father left us and my mother moved to another country to find work as a domestic worker. There, she was mistreated and that left her with a mental disability. In the end, my siblings and I had to take care of her and provide for our family. This left no time for me to go to school, but I want more for my children. I am determined to teach Jared, and to keep learning myself!

Let's begin with beginning sounds!

BEGINNING SOUNDS (ANIMALS)

SKILLS: Idea of beginning sound.

HOW TO PLAY:

1. Choose the animals you want your child to learn and practice saying the beginning sound of their names. Be able to identify the sound of each animal you choose to work with.
2. Point at the picture of the animal and say its name.
3. Ask your child to repeat after you.
4. Then focus on the beginning sound of the animals' name and ask your child to do the same.

Parent: Dog (point to the dog).

Can you say Dog?

Child: Dog

Parent: The beginning sound is "Daw"

Can you say "Daw"

Child: "D...daw"

Parent: Wonderful!



You can do this with as many animals as you want your child to learn - cow, cat, frog. There are so many animals to know!



The more you do this activity, the quicker your child will be at recognizing and making sounds.

MY BODY, MY FACE.

SKILLS: Vocabulary; identify name, importance, and proper care of body.

HOW TO PLAY:

1. Point at the poster and name each body part and face part.
2. Ask your child to find those parts of their body parts and say their names.
3. Talk about the body parts and how to take care of them.

Parent: Here is a picture of a human body with all it's cool parts. This is the eye. Can you point to your eye?

Child: *(child points)*

Parent: What is that called?

Child: Eye

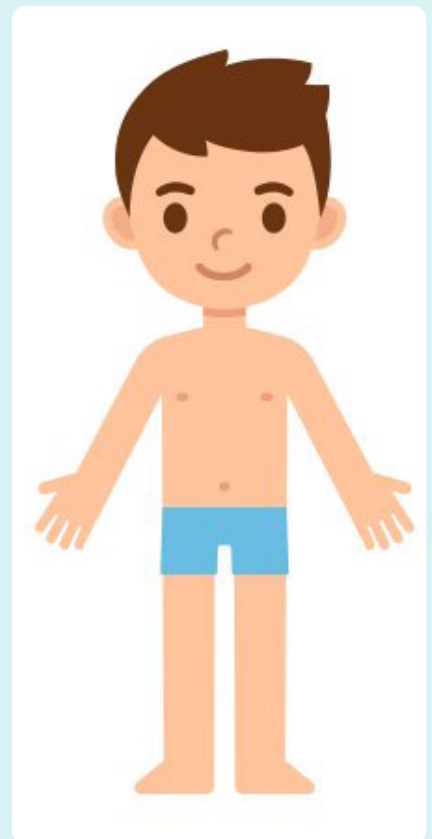
Parent: What do eyes do?

Child: Look at things. Look at birds. Look at ice cream!

Parent: They do look at things! Sometimes they look at ice cream, sometimes they look at carrots. How do we take care of our eyes?

Child: Shut them when there is soap! And not look at the sun.

Parent: That is right. You can take good care of your eyes! These are hands. How many hands do you have? What do you use them for?





You can use your body to encourage your child. A kind smile and a high five or fist bump goes a long way!



PARENTING TIPS

Give children plenty of opportunities to play: run, jump, climb. Get the blood pumping! Encourage pretend play as well.



Jerald and I like to talk about which part of his body he is using to play basketball or to jump! You can learn and play at the same time.