

4 Coach your Child To Remember

■ Your child will only remember

20%
of what they
hear

30%
of what they
see

50%
of what they
see &
hear

80%
of what they
do

95%
of what they
teach
you

Tactic

By repeating and practising different games and activities, your child will remember more and more.

Example

Repeating everything you do with your child helps them to remember.

Asking them to show you how to do something helps them to remember.

By the 100th time your child will finally learn the star shape doesn't fit into the triangular hole!

5 Coach your Child To Reflect

■ This is looking back at what they have achieved and thinking about how they did it. How can these skills help them to learn even more new things?

Tactic

Show your child how they have learned new things. Remind them how they did it and how they can use the same tactics again.

Example

At age 1 your child can barely stand, by age 3 your child will be running around booting footballs on the way to being the next **Cristiano Ronaldo!**

How did they do this?

- Copying you
- Experimenting (pulling themselves up on furniture)
- Learning by experience (finding different ways to get up)
- Getting support and reassurance (holding hands with you, receiving praise and encouragement)



Why not try these tactics in other things you do?



The
best coach
for your kids
is **you!**

What you do really matters!

These resources were created by the Campaign for Learning.
For more information on our work visit www.campaignforlearning.org.uk

The best coach for your kids is you!

- All children are born to learn, but just like in sports, they need a coach to help them with tactics and skills.
- Before they go to nursery or playgroup, everything they learn, they learn from you.
- It's not about experience, qualifications or money; you are the best person to coach your child. (Whether you like it or not!)
- Children learn through play and their best toy is you!

No pressure!



Here are some tactics called the **5 Rs** to Coach Your Child to be a **Brilliant Learner**

So, how can you develop better coaching skills to coach your child?

You can build on lots of things that you are already doing. When you spend time with your child you are helping them to learn and understand the world around them.

Why do it?

It's easy - you can use these tactics in everyday things that you already do.

It can help your child (and your family!)

- Have easier bedtimes
- Have fewer arguments
- Have fun and enjoy spending time together
- Have an easier time when they go to school

Did you know?

- A four year old can ask up to 400 'why' questions a day
- At the age of 6 we will have learnt 50% of our vocabulary
- We learn fastest in the first 10 years of our lives
- Children spend only 15% of their waking hours in school
- Kids are brilliant learners! By the age of five they will have learnt over 3,000 words

1 Coach your Child: To Be **Ready** to Learn

- This is about helping your child to believe that they can learn and giving them reasons to want to learn and to value learning.

Tactics

Give them a reason to want to learn.

Praise and encourage your child to believe they can do it. Even if they don't achieve a task, praise the effort!

Set simple goals. Break things down into small steps, so that you can reward each small success.

My son wasn't interested in potty training until I told him he couldn't go in the soft play until he was out of nappies, then he suddenly really wanted to do it.

Example

Rolling a ball to your child encourages their physical coordination and can also help concentration, speech and listening skills.

Praise may be a big enough reason for your child to want to learn these skills, but adding in a 'when you can kick the ball you will be able to play football with me in the park' may help.

2 Coach your Child: To Be **Resourceful**

- Help your child to find new ways of doing something.

Tactic

Use things you have in your home.

Example

This skill is very important in saving you money! Toys and games can only be used so much until your child will get bored and want the latest thing. Being resourceful is about coaching your child to use everyday things to play and learn.

If you can help your child to develop their imagination, a box can become a bottomless pit of ideas, games and fun and it won't cost you a penny!

3 Coach your Child: To Be **Resilient**

- This is about sticking at something and not giving up.

Tactics

When your child can't do something, instead of doing it for them, help them.

Keep encouraging your child, even when they get it wrong. This will help them to not give up and keep trying.

By teaching your child to learn to feed themselves, they will become independent - the first step to them leaving home!

Example

Help teach your child to feed themselves by breaking their food down into bite size pieces - just like when you learn.