

Being Dad, Being Proud

3-5
years

Your child is more independent now. They can understand, follow simple rules and will enjoy helping you. Let them know they are loved and help them get along with others:

- let children know when they do something good – even praise the little things.
- spend time talking and laughing together. Turn off the TV and ask them about their day and what they did. Stop and really listen to them.
- children need to know they are loved. Even when they have done something you think is naughty tell them “I don’t like it when you do something wrong BUT I always love you.”
- help them understand feelings. For example say “you are really angry but you must not hit your brother.”
 - teach them it’s OK **not** to get it right first time as this helps us learn.
 - be a good role model – your child learns how to deal with anger or hurt feelings by watching you. Never use bad names or swear at children. If you feel angry, walk away until you calm down.

Parent Line: 1300 1300 52
www.raisingchildren.net.au

Teach your child to Be Proud of who they are.

Reading & yarnin'

3-5
years

Reading time is important for children. Read books together and tell stories. Sharing stories helps them learn about the world and culture.

- make up fun stories about your child – or change a story to include their name, or the name of a family member, or of their toys in the story.
- let your child tell you a story - listen to them and give them lots of time to make it up as they go.
- visit your local library – it’s free! Ask them to choose books to read (ones that can be read in one go are best).
- be a good role model – let them see you reading, even if it’s the paper or a magazine.

**Let your child know they
Belong to one of the oldest
surviving cultures in
the world.**



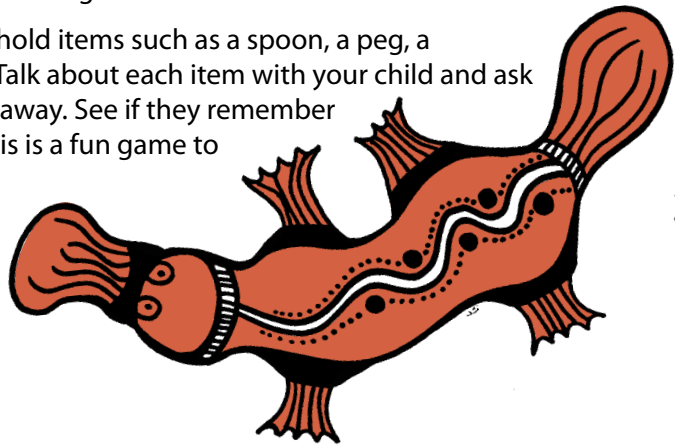
Inside Play time

3-5 years

Young children love to pretend – they can be animals, superheroes, astronauts and fairies. They learn and explore through play. Try these fun ideas with your child:

- make a cubby together out of cushions, blankets and chairs – or use cardboard boxes to build a car or rocket. Make car noises, count down to blast-off. Talk about what you see on your journey to outer space.
- draw and paint together – don't worry about getting a picture just right.
- sorting games: young children love to sort things into groups. Use coloured pegs, stones, shells, pasta, or food. Sort them by colour, size or shape. They can also thread the pasta, shells or buttons onto string to make a necklace.
- make up a memory game. Use household items such as a spoon, a peg, a saucepan and cover with a tea towel. Talk about each item with your child and ask them to close their eyes and take one away. See if they remember what's missing. Kids love tricks and this is a fun game to help their memory skills.
- try easy puzzles and games with simple rules – like snap with cards. Many local libraries lend children's games and puzzles.

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Outside Play time

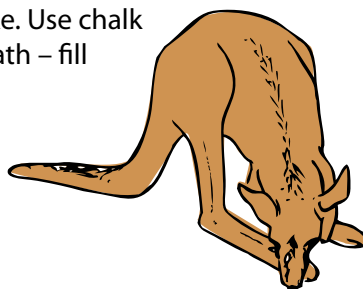
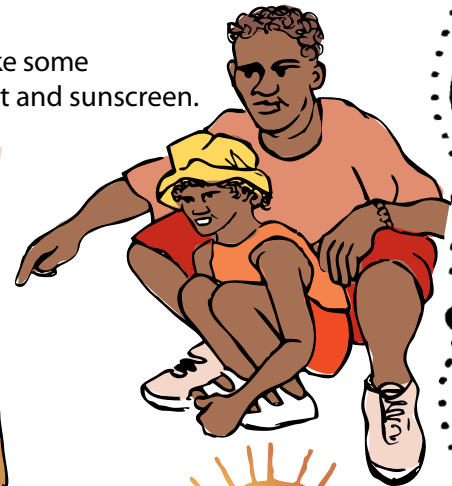
3-5 years

Go bush and spot birds and animals or visit the park with your kids and talk about what you see around you. Have a run around, kick a ball and make it fun.

- your child is old enough to go on walks. Walk together and talk about birds, animals and what you see. Children like to ask questions, so be patient and listen.
- visit a playground – ride bikes, scooters, take a kite. Parks are good places for children to make new friends.
- visit the beach or a river. Play in the sand and shallow water. Take some containers and a plastic spade to build castles. Don't forget hat and sunscreen.

Keep a close eye on kids when you are at the Beach or river!

- painting outside is fun and no need to worry about mess. Paint with fingers, brushes, sticks, toothbrushes onto paper, cloth, wood, bark – anything you like. Use chalk to draw around your child on the path – fill in eyes, nose, mouth and hair.
- take a train or bus somewhere new. These trips are great fun for children. Pack a lunch and enjoy the day together.



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