

Q&A

PRACTICAL WAYS TO SUPPORT CHILDREN'S LEARNING AND THINKING.

FOR PARENTS



Q How do I cultivate positive habits in my child to support his learning and development?

Establishing **consistent and predictable routines** for your children around sleep, meals, play and other activities forms a stable foundation for them to learn and develop.

Another way is to encourage your children to help with **household chores** from around two years old. These tasks should be appropriate for their age and developmental stage. It is a great way to improve children's concentration and their ability to stay on task. They can also strengthen their motor skills and develop a sense of responsibility and self-esteem as they gain confidence in their abilities.

Here are some learning opportunities in doing household chores:

- **Sorting and folding clean laundry** sharpen children's organisational and fine motor skills. Children aged two to three can match socks, while those aged four and above can be given more complex tasks such as sorting the laundry by family member and folding clothes.
- **Dusting spaces** involves breaking down tasks sequentially and helps develop visual memory and problem-solving skills. Two- to three-year-olds can dust clear spaces such as low tables and chairs, while older children can clean areas that require small items to be removed and put back.
- **Taking out the trash regularly.** Suitable for children aged four to five, this chore helps them understand the concept of a recurring schedule.

Q How do I teach children to think about their thinking?

Teaching children to think about their thinking, or metacognition, helps them become aware of their thought processes and actively participate in their own learning.

Some scenarios where educators can guide children in their thinking include the following:

1. **During block-building**, you might ask, "What are you building?" or "Where would you like to place the rectangular piece and why?". These questions encourage children to pause, process and respond.
2. **After children complete a drawing**, facilitate their thinking with questions such as "Why did you decide to use those colours?" or "What if you had used a different colour?". This helps them think about possibilities and analyse their decision-making process.
3. **When reading two similar stories**, ask children which one they liked better and why. This prompts them to reflect on their preferences.

When children learn to think about thinking, it increases their motivation and curiosity. They feel more in control of their learning and have the confidence to express their ideas and thoughts. It hones their critical thinking skills and sets a robust foundation for lifelong learning.

FOR EDUCATORS



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