



From mountain to sea

Aberdeenshire
COUNCIL



*Community Learning and Development
Changing Lives Strengthening Communities*

**Use maths in
everyday
situations, e.g.
cooking for
measures and
time**





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**Read with your
child and
encourage
independent
reading**



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**Share
rhymes,
stories or
songs with
your child**





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**Be a learning
role model –
learn
something for
you**



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**Create your
own stories
as a family**





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**Make
something
together e.g.
a cake, bird
feeder or kite**





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**Visit places of
interest to you and
your child: seaside,
library, adventure
park castle**



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**Encourage your
child to help around
the home – cook a
meal, set the table,
plant seeds**





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**Encourage your
child to make
independent –
choosing clothes,
deciding on a new
hobby**



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**Use word puzzles
and board games
to reinforce reading
writing and maths**





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**Research a topic
or place of
interest, using
the internet or
library**





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**Support your
child to de-stress
by taking up a
range of hobbies**



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Encourage imaginative play and interactive play





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Encourage your child to cope with setbacks and to keep trying when things are difficult – to build resilience



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**Encourage your
child to get
involved in your
community**





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**Talk with your
child about
jobs, dreams
and goals**



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**Talk to your child
about how much
things cost and
learn to set a
budget**

