



## The essentials to the first 1,000 days - Fact Sheet #4

### Onwards, to a successful life (3+ years)

Preparing your child for school starts long before they walk through the school gates.

By supporting your child's mental, physical, social and emotional development, you will set them up for a lifetime of successful learning.

Preschoolers have their own goals and love to solve problems and accomplish things. From the age of 3, your child's language will develop dramatically and they will start telling stories and having conversations. They will also start to understand that their body, mind and feelings are their own and will become more capable of dealing with different emotions.

Your child learns best from reading, talking, exploring and interacting with others. The more opportunities they have to practice social skills, the easier the transition to school will be.



#### The importance of friendships

Making friends is a vital part of your child's learning and development and will build their Emotional Intelligence (EQ). Spending time with friends teaches children how to communicate, negotiate, compromise and manage conflict – all skills that they will need to become successful global citizens.

It's important for children to build their own relationships without too much interference from their

parents. Allowing your child to lead the way when developing friendships boosts their self esteem and social competence.

#### DID YOU KNOW?

By the age of 3, your child's brain has grown dramatically, producing billions of cells and hundreds of trillion of connections between cells.

That's why the first 1,000 days of your child's life are so important in setting them up for a lifetime of learning.

## Supporting your preschooler's learning and development

You can support their development in these simple yet effective ways.

### 1. Foster their friendships

You can support your child's friendships by organising playdates, enrolling in organised activities and talking to them about how to treat their friends with love and respect. Sometimes your child might feel left out of a friendship group, if this happens make sure you discuss how your child is feeling.

### 2. Teach them through stories

Reading to your child is a wonderful way to develop their language skills and teach them about different emotions. Once you've read a book together, ask your child how they felt about it and encourage them to ask lots of questions. Preschoolers can sometimes struggle to identify what is real and what is 'make believe', so make sure you discuss their fears and concerns.

### 3. Let them learn through play

Play is fantastic for your child's brain development. It improves their fine motor skills, helps them learn about the world and lets them use their creativity and imagination. Allow lots of time for your child to explore, either on their own or with friends. Preschoolers love playing with puzzles and building blocks as well as playing dress-ups and make-believe.

### 4. Build relationships with educators

Preschool education programs prepare your child for school by teaching them how to participate in group activities, take turns and share the teacher's attention. You can support your child's learning by communicating openly with their educators. Talk to them about how your child is progressing at home and discuss any concerns you might have about your child's development.



#### EQ = the key to a successful life

Emotional Intelligence (EQ) is your child's ability to perceive, understand, express and manage emotions.

EQ is something that develops over time and is vital for your child's success as an adult.

People with high EQ are better able to deal with life's challenges. They are also able to build beneficial relationships in both their personal and professional lives.



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