

WE'VE GOT MAIL!

Parents tell us how they support their child's physical development.



Faridah's daughters enjoying their hikes

 We love hiking as a family. Nothing clears the mind and energises the body like nature. My children enjoy navigating the sloping terrain, jumping over logs and balancing on pebbles. While hiking, they sometimes also invent creative games like "Who can spot the monkey?" or "Who can hear the crickets?". Such physical activities keep my daughters alert for day-to-day tasks and help build their strength.

FARIDAH MD SA'AT, mother of two, aged 6 and 4

 During playtime with my children, I sometimes prepare a bag of coins — local and foreign — for them to sort according to various sizes and shapes as a game. This way, they are able to sharpen their fine motor skills and also practise their hand-eye coordination. I also use this opportunity to teach them numeracy, and the importance of saving for rainy days ahead.

ZHANG SHUJUN, mother of two, aged 1 and 4



Exploring physical limits through climbing

 As a family, we often go to a park, especially those with rock walls or "spider web" ropes as my children love climbing. My children often have more confidence to try a difficult move when we are supporting them, not just emotionally, but also in times when they know they might fall. I make sure to give them the freedom to explore their physical limits, often with one of us closely guiding them along. I believe this will build self-awareness and confidence.

LEOW YONG MAY, mother of two, aged 4 and 2

TO DADDY, WITH LOVE



Some of you were inspired by our origami Father's Day card in the Apr-Jun 2019 issue, and created your own artwork just for dads. Great job!



LIU CHEN YU, 5



REHAN NATTANIEL GILL, 5



RAELYN LEE RUI LENG, 4

GET OUT OF THE CLASSROOM AND TAKE LEARNING OUTDOORS

Parents, share with us a fun outdoor experience which you have enjoyed with your child. Let us know how you think the activity benefitted him or her. Attach a photo with your anecdote and your submission may appear in the next issue of *Beanstalk!*

Send your story to beanstalk@mediacorp.com.sg with your name and contact details.



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