

Handy guide to maths for parents of children aged 0-1 years



“What I like”

- *Looking at your face as I react to the different shapes on it.*
- *Having interesting things to explore, such as large feathers, small cardboard boxes, tin foil and musical instruments which you talk with me about.*

“What I can do”

- *Move to a beat.*
- *Reach out to objects.*
- *Feel objects with different shape, weight, texture and size.*

“How you can help me”

- Give your baby different objects to explore such as large stones, pine cones, a bunch of keys, balls and stacking cups or blocks.
- Talk to your baby about shape, colour, size, weight and position such as whether something is on top or underneath something else.
- Play hiding games with you baby such as peek-a-boo or hiding a small toy under a box or blanket and asking me where it’s gone. Games like this can be played at mealtimes and bath time too.

Remember every day brings opportunities!