

# MATH AND THE PRESCHOOLER

## How to build 'math awareness'

### PLAY BOARD GAMES

- Choose in particular games with numbers—Snakes and Ladders and Sorry are some examples. Board games help children learn to count, to understand the value of numbers, and to perform operations with numbers.

### TALK ABOUT NUMBERS

- Make sure your child has frequent opportunities to count, in real and imagined situations. How many cookies are on the plate? How many coloured socks and how many white socks are in the laundry? How many forks will we need to set the table for dinner if everyone in the family eats together?

### EXPLORE NUMBERS

- Discover the ways numbers measure quantities in everyday life. Cooking is great for this.

### USE DICE, DOMINOES, & PLAYING CARDS

- Help your child identify common patterns of numbers. It is good for a child to recognize that three dots in a row represent the number 3, for example, and that two rows of three dots represent the number 6.

### COUNT STEPS AND SUCH

- Count aloud with your child while climbing a flight of stairs and count backwards coming back. Or talk about the distance travelled on a bus ride. All of these activities give children a visual picture of the relationship between numbers and forward and backward movement (adding and subtraction).

### COMPARE QUANTITIES

- Talk about who has more peas, which ball went farther, and which building is higher. A strong sense of the relative magnitude of numbers is essential for school success.

Adapted with permission from *Math Readiness: What is it?* by Sharon Griffin, from the website of the Vanier Institute of the Family. Griffin is Professor of Education and Psychology at Clark University and co-author of "Number Worlds," a Pre-K-2 mathematics program for young children.

Information on the program can be found at:

<https://www.mheducation.com>

