




## Everyday Math for Preschoolers

Strategy	How do I apply the strategy?	What is my child learning?
Incorporate math into <b>meal times</b>	<p><b>Setting the table</b> – How many people are in your family? How many will be eating? Encourage your child to set the table with one of each item for each person eating.</p> 	<p>Your child is developing one to one correspondence; matching one of each item for each person eating. They are also developing counting skills to know how many people and how many of each item.</p>
Incorporate math into <b>household chores</b>	<p><b>Clean Up</b> – Teach positional words (on, under, over, above, below, behind) while putting things away. “Put the book <u>on</u> the shelf and then the stuffed animal <u>above</u> it. Make sure to sweep <u>under</u> the rug and push the chair in <u>next to</u> the table.”</p>	<p>Your child is developing spatial awareness—where an object exists in space in relation to them. This is an important foundational math skill.</p>
Incorporate math into <b>outdoor play</b>	<p><b>How many footsteps?</b> Have your child count how many footsteps it takes to get from one designated spot to the door. Continue outside and find another spot for your child to go. You can create a chart and compare results. This activity can be done indoors as well. How many steps to the sink, to the bathroom, to the kitchen, etc.</p>	<p>Children love to count things. This activity is another way of showing children that math is in everything we do, in every little step. You can extend the activity by counting your steps and counting your child’s footsteps and compare.</p> 

<p>Incorporate math into <b>family fun time</b></p>	<p><b>Create your own dance</b> – Choose some favorite songs, and choreograph your own dance moves! Music and dance is a natural (and fun!) way to practice patterning; you can have your child choose a few favorite movements and sequence them into a pattern – for example, step-step-dab, or hop-shake-slide. Repeat the pattern for at least 3 rounds each time to reinforce the concept of patterning.</p> <p>You can also practice patterns using nonsensical sounds or syllables (e.g. “bada-bada-boom”) or homemade instruments (e.g. alternately drum beats on a cereal box vs. yogurt tub).</p>	<p>Being able to recognize, extend, and create patterns builds the foundation for algebra, which involves the ability to think about abstract relationships and manipulations (e.g. “equal”, “subtract”) versus objects' inherent properties.</p> <p>For children new to patterning, start with 2 movements and repeat them. For children with more advanced patterning skills, challenge them to create more complex patterns with 3 or more elements, or growing patterns where you add an element each time the pattern is repeated.</p>
<p>Incorporate math into <b>the nighttime routine</b></p>	<p><b>Night time routine</b> - You can work with children during toothbrushing, story time, putting on their nighttime clothes, etc. To find ways to incorporate counting, shapes or estimation. While toothbrushing you can count how long they brushed for and compare days. During story time notice shapes within the books and while getting dressed children can find patterns or shapes in their clothes. Be creative and find additional ways to use math in your nighttime routine.</p>	<p>Your child will find ways before they go to bed to learn and experience math in different ways. Math is always around us, we just need to look to find it.</p> 

**Online resource of the week:** The Erikson Institute Early Math Collaborative has an “ideas library” full of strategies and activities for incorporating math into everyday routines <https://earlymath.erikson.edu/ideas/>

**Article of the week:** NAEYC 5 Ways to Build Math into Your Childs Day by Laura Bilodeau Overdeck <https://www.naeyc.org/our-work/families/5-ways-build-math-your-childs-day>