

1 to 2 years

3 to 4 years

Early Learning and Development Ideas for Parents and Caregivers



Your child is going through a journey of development that started already at conception. This guide provides you with ideas on how to support your child's development. Remember, your child is unique and will follow her or his own journey, perhaps a bit slower or faster than other children of the same age.

Adults need to ensure that they support children to become the best persons that they can be. This can be done by making sure that you follow some basic principles as a parent or caregiver, which include the following:

- Children need healthy food and safe sanitation.
- Children must receive regular and routine medical and dental check ups and immunisations.
- Medical care must be available when there is concern about a child's physical health, development and well-being.
- Children should be allowed as many opportunities as possible to play actively in a safe and supportive environment. This is how young children learn best.
- Children should be allowed to choose and direct their activities according to their individual ages, needs and interests.
- Spoken, visual and physical cues must be provided to help children to learn and grow.
- Young children should have different kinds of materials and toys to play with inside the house as well as outside.
- The house on the inside as well as the outside area must be safe for the young child to play freely.
- Children need an adult's full attention when they are talking or indicating the need to communicate.
- Children should always be encouraged and motivated and should never be belittled.
- Discipline must be positive, consistent and age-appropriate.
- A child's own language should be used whenever possible and especially when sharing important information.

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Birth to 3 months



4 to 6 months



6 to 12 months

