

# The Grade R child – a physical, emotional, social and cognitive profile

## PRE - SCHOOL CHILDREN ARE BEGINNING TO RECOGNISE THEIR OWN CHARACTERISTICS, ABILITIES AND PREFERENCES

For example, they:

- Can give their full name, age and gender.
- Can say where they live.
- Are becoming more independent and proud of what they can do.
- Know family members and neighbours and others they see regularly.
- Can describe some aspects of themselves – e.g. the colour of their hair.

What you can do to help your Grade Rs recognise their own characteristics, abilities and preferences:

- When in groups, make sure every child is valued for themselves and what they can do.
- When planning an activity or outing, talk to your children about what needs to be prepared beforehand.
- Talk to your children about themselves and comment positively on their features and abilities.

## PRE - SCHOOL CHILDREN ARE LEARNING TO EXPRESS THEIR FEELINGS AND EMOTIONS AND RESPOND TO THOSE OF OTHERS

For example, they:

- Can say what causes some of the feelings they experience.

What you can do to help your Grade Rs express their feelings and respond to those of others:

- Talk about your favourite things and activities and share your reasons for why you enjoy them.  
Encourage your children to share their feelings with you.

## PRE - SCHOOL CHILDREN ARE LEARNING TO REGULATE THEMSELVES AND FOLLOW ROUTINES

For example, they:

- Are developing self - discipline.
- Are able to obey rules.
- Recognise some limits and dangers.
- Usually greet and thank others.

