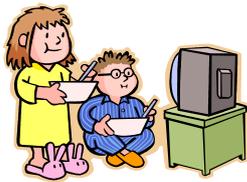


# Ways to help your child in Science

As parents and carers, lots of the things you are already doing with your children will be helping them with their understanding of science and their work in school. In this leaflet we have reminded you of some of the things you might like to try together with your children, although we are sure that you could add lots more ideas of your own!



Watch nature programmes together and talk about what you see.



Show your child how to read a thermometer and take each other's temperatures.



Talk about floating and sinking. Use bath time and experiment with toys.



Go to a local wood and look under logs and stones. What creatures can you see? Can you name them? If not, look in books and online to identify them.



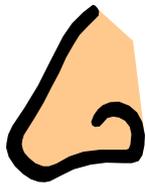
**When on a beach, go rock-pooling. What can you find? Can you name them?**



**Encourage your child to ask questions. If you don't know the answer, research it together.**



**Buy a magnifying glass and encourage your child to look really closely at things: plants, birds, insects, stones, machines, etc.**



**Get your child to use all their senses. Does it smell? How does it feel? Is it heavy?**



**Experiment with cooking. Children can learn lots by watching and helping you. Let them try things for themselves, but always supervise them when using sharp equipment or when near a hot oven or kettle.**



**Give your child a patch of garden and help them grow vegetables or flowers. Sunflowers and pumpkins are great! Collect the seeds and plant them the following year.**



**Get your photo album out. Show pictures of you and your parents when you were younger and talk about life-cycles. Compare the changes people go through to other animals such as butterflies.**



**A baby is a fantastic science resource! Talk to your child about how babies grow and develop, and how we need to care for them.**



**Encourage your child to help prepare their packed lunch. Remember to include items from different food groups.**



**Let your child share in the care of pets. Answer their questions. Take your child along to the vets for your pet's routine check-ups.**



**Get your child to compare things. Use tape measures, scales and stop watches. Lots of science involves comparisons. Is it longer / heavier / faster?**



**On a sunny day, play with shadows. Look at how shadows change during the course of a day. Water play is great on a hot day too! Where does the water go? Explain scientific phenomena like evaporation and condensation.**



**Make ice lollies. Melt them and freeze them again. Talk about changes. Compare this to other changes, e.g. toast. Some changes are reversible but others are not.**



**Make collections of rocks, pebbles, shells, etc. Use identification keys to name them. Sort them by characteristics.**



**Together, take things apart to see how they work. Torches are simple and you can see the electrical circuits inside.**



**Play with magnets. What are they attracted to? How do they react when you have more than one? How many paperclips can you pick up?**



**Instead of a bedtime story, how about sharing an information book instead? Leaflets, flyers, manuals and guides are good too!**



**Visit a museum. There are many great ones within easy reach. Remember, they are FREE!**



**Trips to the dentist, optician and for hearing tests can all be good educational experiences. Talk with your child about the importance of looking after ourselves.**



**We all know exercise is good for us. Turn it into a science lesson too. Talk about how our bodies feel before, during and after exercise and how our breathing, temperature and heart beat all change.**

**We hope you find these ideas useful and that you are able to give some of them a go!**