

## PRESCHOOL MATH TEACHABLE MOMENTS

Throughout the day there are great opportunities for teaching young ones about MATH. Our daily tasks involve sizes, shapes, numbers and quantity.

A young child learns that objects exist, can be moved, and sometimes fit together. Children who learn number concepts through hands-on play gain a broader view of math. Problem solving questions will inspire a child's curiosity.

**Here are a few activities:**

- **The Glass Is:** Using three glasses, fill one to the top, one in the middle and leave one empty. Ask child to identify each. Help by introducing words like full, empty, half, more, less.
- **Bean Cup:** Give your child 3 plastic cups and a container of dried beans. Ask them to fill 1 cup full of beans, leave 1 empty and fill the third with fewer beans than the full one, but more than the empty one. Again introduce words like empty full, half, more, less. Over time, the child may even understand the concepts of equations, fractions and the notion of zero.
- **Measuring:** Use a measuring tape to measure books, blocks, furniture pieces or legos.

- **Math concepts can be found in books and songs:** Kids like to count the foods that upset *The Very Hungry Caterpillar*. There are many books that offer opportunities for counting, as well as songs and nursery rhymes that use number concepts.
- **Cooking:** Helping in the kitchen allows for kids to help measure ingredients using cups and spoons and also helps in building vocabulary.

**We use math in our everyday lives. Seek out those math moments to share with your preschooler and maybe next time they'll spot the next one.**