



*Do you have
any questions?*

Or would you like any further information?
Then please get in touch with the:

Social Paediatrics and Adolescent Medicine Team

Hildesheimer Strasse 17 | 30169 Hannover

Tel. 0511 616-23384 | jugendmedizin@region-hannover.de



Region Hannover

IMPRINT

Region Hannover
President of the Hannover region

Text: Region Hannover, Social Paediatrics and Adolescent Medicine Team
Design: Region Hannover, Media Services Team, **Photos:** Titelbild: famveldman - stock.adobe.com, Innen: amazing studio - stock.adobe.com (links), nadezhda1906 - stock.adobe.com (rechts oben), DrUGO_1.0 - stock.adobe.com (rechts unten), Rückseite: Oksana Kuzmina - stock.adobe.com, Zahlen: selma - stock.adobe.com, **Printing:** Region Hannover, Media Services Team, **Version:** July 2020



GOOD WITH NUMBERS!

Tips to help children to get a better
understanding of numbers and quantities

HANNOVER



Region Hannover

Making numeracy easy

Things you can practise with children, even before they start school:

- ▶ Counting up to 20
- ▶ Asking what number comes next (e.g. "What number comes after 6?")
- ▶ Counting backwards from 10 to 1
- ▶ Asking what number comes before a number (e.g. "What number comes before 6?")
- ▶ Recognising quantities at a glance (up to 4) without having to count
- ▶ Asking which of two numbers is bigger or smaller (e.g. "12 is more than 8. And 5 is less than 8")



You are the role model!

Show by example how much fun counting can be!

- ▶ Demonstrate counting to your child, without expecting much from them.
- ▶ Make numbers a completely normal part of your everyday activities, e.g. when children are playing, when you go for walks, climb stairs, lay the table or go shopping.
- ▶ We recommend lots of repetition in your everyday life.



Ideas to help children practise

Counting stairs: You can also try counting forwards when you go up and backwards when you come down.

Letting children lay the table: Counting the number of people and the plates and cutlery. With older children, you can also practise placing things on the "left or right".

Counting when you go for a walk: (fence posts, pavement slabs) or when in the car ("I'll count the red cars and you count the black ones.")

Going shopping: Ask children to count out small quantities of items ("Can you choose 4 apples for me?")

Ask them to sort objects **in order of size**

Cooking and baking: e.g. weighing ingredients, counting eggs

Races: Start with a countdown

Board games: Any game with dice will aid children's understanding of quantities and allow them to practise counting. There are also lots of games that focus specifically on numbers.

