

Inclusive Developmental and Therapy Center

Everyday Maths: An Early Numbers Home Program
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Maths does not start with worksheets — it starts with counting steps, sharing biscuits and noticing who has more. These everyday moments build “number sense”, the strong feel for numbers that makes school maths far easier later. This program shows you how to grow that skill at home through simple play, no special equipment needed.

These playful activities support your child's early maths but are not a formal assessment. Children learn at their own pace, and if you are worried about your child's learning or development, it is always worth speaking to a professional too.

♥ Who this program is for

- ✓ Parents of toddlers and preschoolers starting with numbers
- ✓ Families who want playful, everyday ways to build maths
- ✓ Children getting ready for maths at school
- ✓ Parents who feel unsure about maths themselves and want easy ideas
- ✓ Anyone wanting to make numbers a natural part of daily life

⚡ Important — when to get professional help

This is a supportive home program, not a diagnosis or a substitute for an assessment. Please speak to a professional promptly if:

Marked, persistent difficulty with numbers compared with other children, despite lots of support — this can be a sign of dyscalculia

Strong avoidance of, or distress around, anything to do with numbers

Loss of counting or number skills your child had already gained

Ongoing trouble remembering numbers or comparing simple amounts

Difficulty that is clearly affecting your child's confidence or everyday life

☆ Your step-by-step roadmap

Move at your child's pace, not the calendar's — the “weeks” are a gentle order, not a race. Repeat any stage as long as it helps.

Week 1 – Counting all around us

Make counting a normal part of everyday life.

Count real things together — steps on the stairs, spoons on the table, buttons on a coat.

Count slowly and point to each object, so one number matches one thing.

Sing counting songs and rhymes, like “Five Little Ducks”, for fun practice.

⚡ **Try** Count the same set backwards too — “3, 2, 1, blast off!” — to make
this: it exciting.

Week 2 – How many altogether?

Move from reciting numbers to knowing amounts.

Ask “how many?” about small groups of objects and count them together.

Show that the last number counted tells you how many there are in total.

Play with small amounts your child can see at a glance, like two or three toys.

⚡ **Try** Roll a dice and count the dots together — over time your child will just
this: “see” small numbers.

Week 3 – More, fewer and comparing

Help your child compare amounts and sizes.

Use words like “more”, “fewer”, “bigger” and “smaller” during everyday play and snacks.

Line up two groups of objects and ask which has more and which has fewer.

Share things out fairly — “one for you, one for me” — to explore equal amounts.

 **Try this:** Snack time is perfect for this — comparing grapes or raisins makes maths tasty.

Week 4 – Shapes, patterns and sorting

Grow the thinking skills behind maths.

Spot shapes around the house — round plates, square windows, triangle slices.

Make simple patterns together with blocks or colours, like red, blue, red, blue.

Sort toys or socks into groups by colour, size or type.

 **Try this:** Start a pattern and pause — let your child work out what comes next.

Week 5 – Numbers in daily life

Show your child that numbers are everywhere and useful.

Count out steps in real tasks — three cups for the table, four socks to fold.

Point out numbers on doors, clocks, packets and phones as you go about the day.

Talk through simple everyday maths out loud, like “we need one more plate”.

 **Try this:** Cooking together is full of maths — counting, measuring and sharing all in one.

Tricks that make it work

- ✓ Keep it playful and short — maths should feel like a game, never a test.
- ✓ Weave maths talk into daily life — shopping, cooking and tidying are full of it.
- ✓ Follow your child's interest — count the cars, dinosaurs or dolls they love.
- ✓ Use real objects your child can touch and move, not just numbers on paper.
- ✓ Stay positive about numbers yourself, as children pick up on our worries.
- ✓ Praise thinking and effort, not just the right answer.

How you'll know it's working

- Your child counts small groups of objects accurately
- Your child knows the last number counted means “how many”
- Your child compares amounts using words like more and fewer
- Your child notices numbers, shapes and patterns in everyday life



Is this based on real methods? This program focuses on building “number sense” — counting, comparing and everyday maths through play and daily routines — an approach widely recognised as the foundation for early mathematical learning.