

Tips on doing jobs or playing with your children—the TRUST approach

We wanted to share a tool with you to help your child think and talk about the world around them. The TRUST approach can be used when you are talking with your child, such as when you are reading, doing jobs together or playing:

Take turns to talk about what you are going to do. Say things like: "I'm going to wear my red jumper today. What colour jumper would you like to wear"

Recap the plan as you are working. Say things like: "Why do you think that happened?"

Use lots of encouragement. Say things like: "What great ideas... Let's see what happens!"

Share what you know to help your child. Say things like: "Have you learnt about...at school?"

Tune-in and be interested. Say things like: "I didn't know you knew so much about...!"