



# Learning Styles



A person's **learning style** is the manner in which he or she learns. The way in which one absorbs information has been categorized into seven different styles. No one style is any better than another and people tend to use a variety of styles to varying degrees. For example, you may be a social learner who also makes sense of information through writing or talking. One's learning style may also differ depending on the topic. Perhaps you need to physically cook something before you can remember the recipe or you can remember historical information when it's told to you in a story. However it is your learning style, which is specific to you. The same is true for your child. What is important, is that you use a variety of styles when interacting with your child to provide your child with a better understanding of the information and to provide you with an insight to his or her preferred style.

## The Seven Learning Styles

- Visual (spatial): prefers using pictures, images, and spatial understanding
- Aural (auditory-musical): prefers using sound and music
- Verbal (linguistic): prefers using words, both in speech and writing
- Physical (kinesthetic): prefers using your body, hands and sense of touch
- Logical (mathematical): prefers using logic, reasoning and systems
- Social (interpersonal): prefers to learn in groups or with other people
- Solitary (intrapersonal): prefers to work alone and use self-study

## Why pay attention to learning styles?

How your child learns may be different from you. If you are teaching your child the alphabet by singing (aural) and your child is just not getting it, try using alphabet blocks (visual & physical). If your child enjoys looking through books on his or her own (intrapersonal), leave time for your child to do so. There will be another time for you to read the book together.

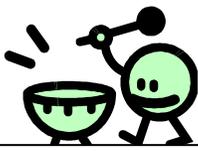
Using different learning styles creates a stronger understanding. When reading a book with your child you are likely to come across lots of new vocabulary. To help your child understand these new words you can use the pictures (visual), act out the story (physical), and even talk about the book (social & verbal). When toilet training, you can read books with your child about the subject (visual & verbal), make up a potty song (aural), talk about how other family members use the potty (social & verbal), talk about the benefits of using the potty (logical), actually have your child use the potty (physical) and encourage your child to go on their own (solitary).

Remember, learning styles are not an excuse for poor performance. They are just a preference and, as such, can make learning more enjoyable.



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## Music

### Singing in the Shower (or bath)

At bath time, encourage your little one to experiment with the acoustics in the bathroom. What happens when you open or close the shower curtain or door? Can you sing louder than the running water?

### Name That Tune

Clap or tap out your child's favorite nursery rhyme or song. Can your child figure out what it is. Master this game first. Next make it a little more challenging and see if your child can do it in less time or less beats.

## Nature

### Go for a Walk

Talk to your child about what you see on your walk. Ask them questions even if they just babble.

### Garden Flower Play Dough

Examine the parts of flowers by pulling them apart and reassemble them on a bed of play dough.

### Make Letters

Gather sticks or pebbles and use them to form letters and write out names.



## Reading

### Nursery Rhymes

You can recite, sing, or read nursery rhymes with your child at any age.

### Picture Books

Your baby will enjoy looking at the pictures and hearing your voice tell a story. As your child grows have them create a story for the book.

### Fiction and Non Fiction

Storybooks can capture your child's interest with their rhythm, rhyme, and pattern. Some children also enjoy nonfiction books, especially about subjects that interest them.



## Math

As you collect the lids, have your child help you wash and dry them and put them into a container or cardboard box. Talk about the lids as your collection grows: discuss their size, color, and shape.

Once you've gathered a good collection, put them to work! Here are a few ideas:

- Count the lids.
- Sort the lids by color and size.
- Use the lids to make patterns, like red, blue, red, blue. Or do it by size, for example, big, big, small, big, big, small.



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