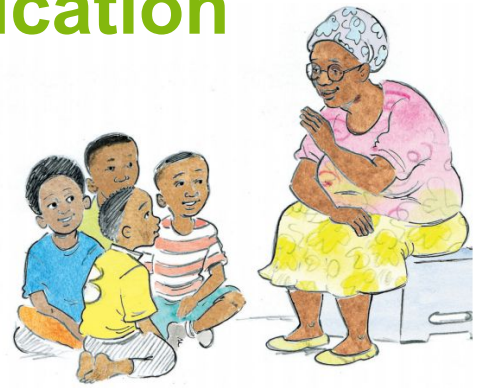


# The importance of early education

Caregivers can make a big difference by talking, playing, singing songs and sharing stories and books with young children.



**Parents and ECD practitioners are children's first teachers.** Although babies and young children can discover some things on their own, they learn language best through warm and responsive relationships.

Even before they start school, children are starting to do maths and become readers and writers, and there are many things that caregivers can do to help young children's learning. Children need language to communicate and make sense of their world and a strong language foundation is also important for all learning at school!

**Where do you get your information about parenting from?** We know that being a parent doesn't come with a manual and we learn about parenting from many different sources. Perhaps you get advice from your mother, your aunt, the local clinic, magazines, your place of worship or the radio.

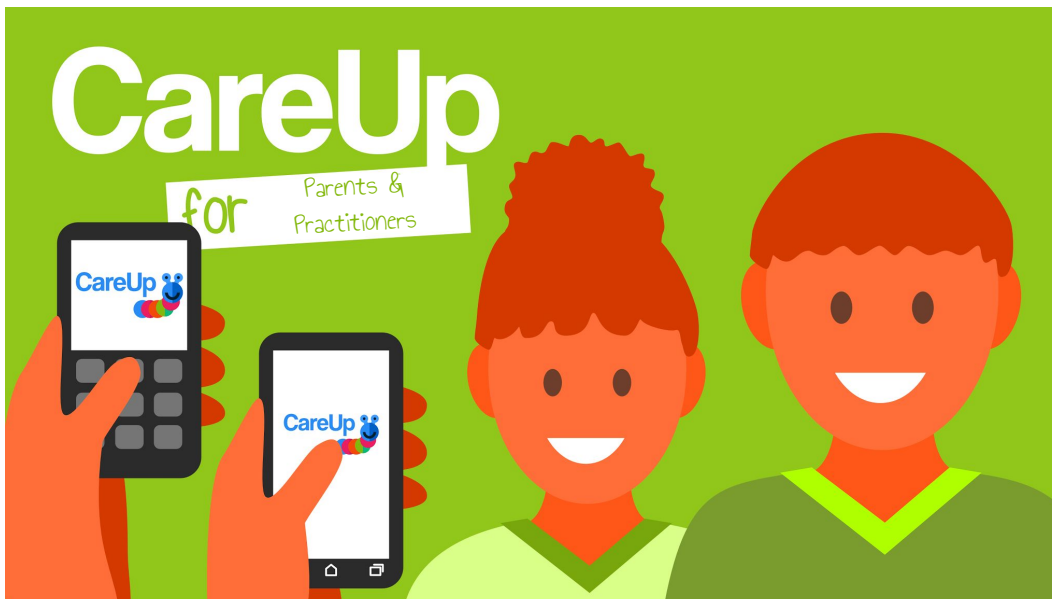
Now you can even get information about parenting from an APP on your phone! The CareUp App will give you some new and interesting ideas about how to support your young children's learning and grow their brains.

The CareUp App reminds us that children learn through play, and includes tips for inexpensive games to make. There are creative ideas to build language and learning through everyday activities and tips on how to share books with young children and support their drawing and first attempts to write. There are even fun ideas for introducing early maths!

Please keep in mind that all children are unique with their own strengths and challenges which require patience and understanding. Most importantly, enjoy time with your young children!

You can use the APP on your own or with a group of parents or caregivers. Share ideas from the App with other people who look after your child, or with your colleagues if you work at an ECD Centre.

Visit our website for more information on Wordworks and download our free materials: [www.wordworks.org.za](http://www.wordworks.org.za)  
Share pictures of how you are using the App on our Facebook page: [www.facebook.com/wordworksSA](https://www.facebook.com/wordworksSA)



CareUp is a mobile application that sends you daily activities and motivational messages to support your child's education.

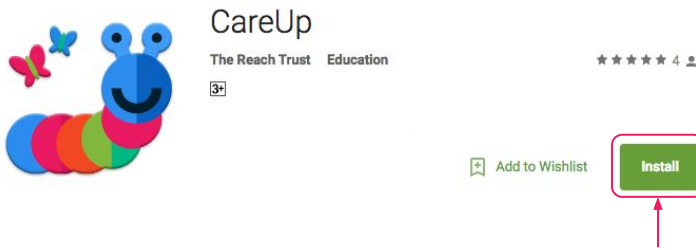


# How to use CareUp



If you have an Android phone:

- 1 Open the **Play Store** app, search for CareUp and click on the **install** button:



If you don't have a Google account yet:

1. Go to the **Gmail** app on your phone
2. Click on **Create New Account** to create an account
3. Follow the steps to set up a new account (you'll have to create a **username** and **password** you need to remember). For the rest you can click on **next** or **skip**.
4. Sign in to the Gmail app using your username and password, then **open the Play Store App**, and follow the steps above.



If you don't have an Android phone:

- 1 Open the internet on your phone. Type in: **careup.mobi**  
Click on the "I'm new to CareUp" button:



- 2 Register

Select a **username**, and add your **phone number**. Click on "Create Account" button.

Add your **name** and **surname** and select **Wordworks** from the crèche drop-down menu. There are options for all the Wordworks partners, so check if your organisation is there. If not, just choose Wordworks.

Select the "Parent" or "Teacher" option:

Parent	Teacher
Relative, e.g. Dad, Mom, Grandmother, Aunty, Brother	Practitioner/ Home visitor/ Play group facilitator/ Community health worker/ Parent group facilitator

Add your **child's name** and **surname**. Select a **language**.

You can choose isiZulu, isiXhosa, English or Afrikaans. Click on **UPDATE**.

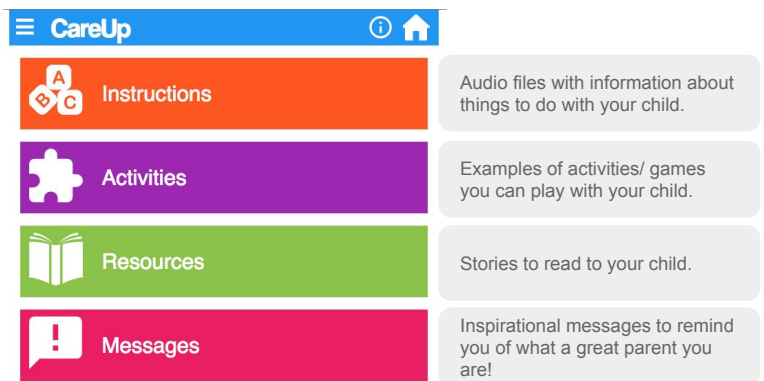
- 3 Use CareUp

Select the "Parent" or "Teacher" option:



Add your **child's name** and **surname**. Select a **language**.

You can choose isiZulu, isiXhosa, English or Afrikaans. Click on **SAVE**.



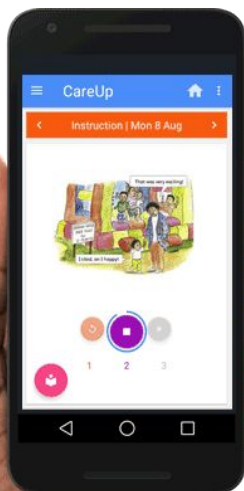
## What you'll receive

- Reminder to view instruction (Mon, Wed, Thu)
- Reminder to view activity (Mon, Wed, Thu)
- Motivational message (Tuesday)
- Summary message (Friday)



## What we need from you

- Listen to instruction and provide feedback
- Read activity and provide feedback
- Use the resource section and read with your child
- Let us know if you're struggling



The app is free to download from the Android Play Store, but you will need about 40MB of data (+-R16) for it. Data charges may apply when you access careup.mobi

Contact us: [careup@thereachtrust.org](mailto:careup@thereachtrust.org) | +27 (0)21 888 7000

