

TIPS FOR PARENTS:

How to Continue Early Learning at Home

Establish and Keep a Routine

Consider all the things you do in a day. Now think about all the things a child does during the day: handwashing, diapering, toileting, napping and so on. With our youngest children these tasks provide opportunities to begin to gain their independence. Don't try to rush through these activities; even though they are commonplace to us, they're new to our children.

Keep You and Your Child Healthy

Now more than ever it's crucial to be safe and teach the value of personal hygiene practices. It's always worth repeating to our children that they should sneeze and cough into their elbow. And remember to wash hands with soapy, warm water for at least 20 seconds. Most children know the "Happy Birthday" song; when you sing it twice, you are done.

Use Traditional Modes of Playing

As technology and devices have grown in popularity, some of our more traditional sources of playtime may have fallen by the wayside or be hidden in the closet. Consider bringing out those trusty blocks, for example. Blocks help children learn math skills. As children recreate the world around them, blocks become a stepping-stone to abstract thinking.

Keep Children Safe at Home

We're spending more time than usual with our children at home, here are a few extra considerations to think about to prevent accidents and injuries: Check to see that all of your electrical outlets have child-resistant caps; make sure adult purses and tote bags are stored out of children's reach; and always turn pot handles toward the back of the stove.

Manage Screen Time and Technology

We're all concerned about what too much screen time looks like. A few things to consider: First make sure the content is age-appropriate. Try and focus on educational content, especially for our youngest children. There are many websites that provide this sort of content. You may also consider a video chat. This is a great way for children to catch up with their friends and family. Perhaps enlist a grandparent or another relative to have a daily story time with your child.