

Ideas for Parents to do at home

- **Clothing-** practice buttoning, zippering, turning clothes right side out, dressing independently, and let your child choose their own clothing even if it does not match.
- **Play-Dates-** Invite a child and parent for an hour visit- have prepared activities for children.
- **Group Activities-** art, dance, gymnastics, music classes, sports teams, and family library story time at the library. These activities may provide opportunities for your child to practice the skills of following directions, attending and participating in-group situation.
- **Puzzles-** Show your child what to put together first and describe objects/people/colors pictured, introduce corners borders and center puzzle pieces then take apart and put together.
- **Books-** introduce your child to ABC, number, shape, color, early childhood non-fiction, rhyming, nursery rhymes, animal, community workers, and opposite books. Books are a complementary resource to begin identifying and labeling numbers, colors, shapes, animals and letters.
- **Picture Books-** use the following terms, first, next, last, author, illustrator, period, question mark, exclamation point, quotation marks. Pre- read the book by looking at the pictures of the book. Summarize the story. Then read the book. Ask “wh” questions. –If your child has difficulty – answer the question for your child. Instead of using “why” use the phrase “How Come?”
- **Board Games-** Here is a list of games to consider for your family. Junior Monopoly, Don’t wake up Daddy, Topple, Thin Ice, Squiggly Worms, Original Memory, Perfection, and Lucky Ducks, Maisy Game and much much more. There are lots of good games out there.
- **Personal Information-** Here is a list of personal info children need to be exposed to: their birth-date, phone number, address, age, first name, last name, and full name.
- **Observable Science –** When the moment arises communicate to your child the signs that a season is changing (ie leaves falling and changing color, less sunlight) the life cycle of a play, the parts of the human body, the 5 senses, cooking experiments discussing how matter changes from and liquid to a solid (ice) Water experiments – how if placed in the freezer it will turn in ice, but let left in a glass on the table it will melt are examples with in the home and natural environment.
- **Colors –** Utilizing markers, crayons, paint, playdough, food coloring – labeling and identify colors- experiment by mixing colors to create new colors and possibly demonstrate how white is used to lighten colors.

- Legos/Blocks- These items can be used to build structures as well as creating patterns such as ABAB patterns (Red/blue/red/blue), sorting by color, counting, and graphing.
- Calendar- Families might want to consider keeping a family calendar visible for all members to view and utilize. Different color pen or marker for different family members. The exposure will begin the process of understanding time. Review the calendar on a regular basis discussing the 7 days of the week, 12 months of the year, how many days in the month and so on. Label your child's and family events on the calendar practicing and using the concepts 1st, next, last, what's coming up.
- Hand Strengthening Exercises- Please consider exposing your child to art projects involving cutting with scissors, tearing paper, painting, gluing, and coloring. Another item to consider is stickers for art projects. They are a great at working fine motor muscles. Play dough and play dough accessories is another means to having children practice using their finger muscles. If your child is ready introduce "How to Draw" books.
- Clock-When appropriate expose children to the function of a clock and how to read it.
- Ball exercises –Exposure on how to catch, throw, and kick different size balls.
- Bike Riding and Skating might also be a gross motor activity that you can do as a family or around the house.
- Cooking-Together with your child cook simple items such as pancakes, pie, cake, cookies, and muffins, Here are items to expose your child – Sequencing the directions to a recipe, introduce equipment such as liquid and dry measuring cups and spoons, the dry and liquid ingredients to name a few.
- Eating- Have your child be involved in preparing dinner and making the choices. Give them 2 choices of vegetables or fruit and ask them. Which one they would like to eat. Mix up the choices. Use correct names for food such as carrots for carrots and don't just label them all vegetables. Children will start to associate all vegetables as bad if they don't like one (if you call them all vegetables).
- Household Tasks Involve the child in laundry (sorting clothes, measuring and pouring detergent), washing dishes, putting dishes away, setting the table, folding clothes to name a few. Children love to help parents out when they are young. Garden with your child.
- Workbooks- If parents are interested in purchasing workbooks- dot to dot, find the hidden picture, mazes are wonderful beginners with parent participation.
- Card Games- using a regular deck of cards – to begin I suggest to remove the picture cards, introduce the game WAR- other games are Go Fish and Concentration.