

EDUCATION AT HOME

TIPS FOR CREATING A ROUTINE

WHAT WE DO AT SCHOOL:

8:00-9:00: Arrival, Routines

We greet each other, wash hands, eat breakfast, and brush our teeth.



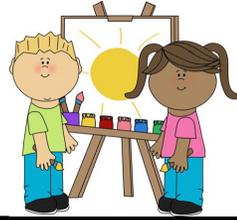
WHAT YOU CAN DO AT HOME:

Start each morning as if you were preparing your family to leave your home for school and work. Maintain a consistent routine.



9:00-10:00: Choice Time

We choose where we want to play in the classroom. We might decide to do art, figure out a puzzle, build with blocks, etc.



Ideas and materials to recreate classroom area choices:

Blocks: items to build with (boxes, containers, paper tubes, tape), cars, etc.

Dramatic Play: old costumes, grown-up clothes, household items to make a "grocery store", a "post office", a "dental office", etc.

Art: paper, crayons, markers, old magazines, child scissors, a space to do art.

Toys and Games: deck of cards, board games, puzzles, etc.

Music and Movement: dance together to age-appropriate music, provide scarves to dance with.



10:00-10:30: Circle Time

We participate in stories, songs, and movement; we discuss what will happen today; the teacher introduces new concepts, etc.



After your typical morning routines try to gather as a family to start the day. Read a story, sing a song, share what you want to accomplish today / any plans.



10:30 - 11:30: Outside Choice Time

We go outside in our play yard and choose activities that build our large muscles - such as climbing, playing with balls, riding trikes.



Try to get outside with your child for at least an hour a day. If you can't, consider setting up indoor activities that build their large motor skills. For example, make a masking tape balance beam on the floor.



11:30 - 2:00: Lunch and Rest Time

We wash our hands; we get our plate, cup, and utensils; we sit and eat "family style"; we clean up; we get on our mat and rest.



Let your child help prepare meals and snacks. Invite them to count napkins, set the table, etc. Even if your child doesn't sleep, set aside time for quiet activities such as looking at books, doing a puzzle, drawing, etc.



Children do best when they know what to expect each day. These ideas will help you provide predictable routines and experiences at home that mimic what your child has come to expect in our program. Every family is juggling a different set of responsibilities and circumstances. You can start small, and add experiences over time as you and your children adjust to a routine that makes sense for your family. Consider making a schedule with pictures so children can see what you have planned for the day.

At night, maintain as much consistency as possible. End each day with a routine that closely mirrors a typical day, e.g., an evening meal, a warm bath, a story, and a kiss goodnight.

Remember: always supervise young children