





- self-esteem. Look for the positive things your child does and provide praise. This helps children gain a positive self-image and
- Give your child choices where either answer is acceptable. "Which do you want to do first, brush your teeth or get dressed?"
- Give your childthe chance to make decisions. This shows confidence in your child's developing independence
- When your child shows their work, describe what you see and how proud you are of their effort.
- Have a special play time with your child. During this time, let them decide what you will play together. Being in charge is a very positive feeling for children.
- Be aware of your child's strengths and recognize them. Talk about what you see as their strength
- Let your child know that you love them. Smiles, hugs, "I love you" and special notes all help a child feel special
- Say what you expect your child to do, not what you don't want them to do. For example, say, "Hold my hand when we cross the street" instead of, "Don't run across the street."

Book

Ask your child to draw or paint a picture of their family

Write the names of the family

members next to each drawing.
Label the page, "My
Family".

Date it and save!



## week of Activ

## Check Out These Books!

Week of

The Gingerbread Boy by Richard Egielsk Owl Moon by Jane Yolen The Mitten by Jan Brett

Is it fast or slow, soft or loud, high or low? Dance to different types of music with your child. Talk about the music.

of soap in the center of the pan and watch the powder move away. Talk about what made the powder move. Fill a pan with water and sprinkle baby powder on the top. Place a bar

obstacles made from furniture and other safe objects in their home Allow your child to go over, under in, on and through different

where to find them. special event. Think about why each item is needed and Make a list with your child of things that might be needed for a

Approaches to Learning Through Play

Creative Thinking and Expression

Mathematical Thinking and Expression Language and Literacy Development

Social and Emotional Development

Health, Wellness and Physical Development

Scientific Thinking and Technology Social Studies Thinking

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crayon, pencil, or their finger to mark or trace the letter. find words that start with the first letter as their name. Use a Help your child look through magazines and newspapers to

waist, hips, knees, and ankles Ask your child to point to body parts such as wrist, neck,

community. Talk about each worker's job and its importance. Find books at the library that are about workers in the

different ingredients using a measuring cup or spoon. Ask Prepare a meal with your child. Show how to measure in a cookbook. your child to help you read the recipe on the back of a box or



how your child celebrates special occasions and talk about how your families' traditions are the same or different from other people they know. Talk with your child about family traditions. Talk about



have in common where they can make it stick in the house. Talk about what all the objects Experiment with magnets. Give your child a refrigerator magnet and see

Let them pick out an inexpensive item and pay for it. Help your child save a little money to shop with. Go to the store together.

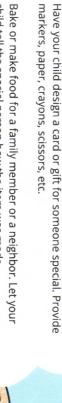


to read or look at books. Use pillows, stuffed animals, blankets,

Make a special book area in your home where your child can go

and a box or basket for the books.

markers, paper, crayons, scissors, etc.





hands after toileting and to use tissues to wipe noses. Talk about germs. Talk about good health practices. Remind your child to wash





