

Keep It Going...At Home

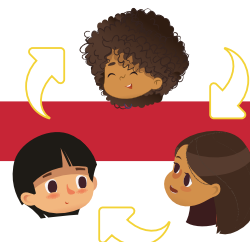
Keep Them Healthy & Active

If you haven't already started a growth log for your child, this is a good time to start one. Find a surface to record your child's height, such as a door frame or the inside of a closet door. Have your child stand with their back against the surface and mark their height. Set a time to check for growth. Holidays? Birthdays? The first day of the year?



Develop Their Emotional Well-Being

We talk about having an "I can do it!" mindset. Highlight the things that your child can do all by themselves. Introduce a new chore, such as pairing and folding clean socks or putting away groceries within their reach. Celebrate the new task that your child can do on their own!



Help Them Communicate

Talk with your child about their day at school. Ask open-ended questions that require more than a "yes" or "no" answer. For example, you might say, "Tell me about the book that you heard today" or "What was the best thing that happened in school today?"



Explore Their World

In school, we practice counting at different times of the day. Incorporate counting into your daily routine. For example, count the stairs you climb, plates set on the dinner table, or toys in the bathtub. Notice when your child needs your support and count together.

