

Keep It Going...At Home

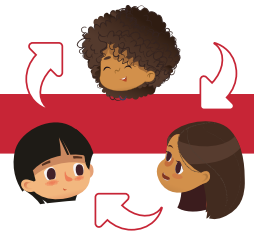
Keep Them Healthy & Active

Did you know that the American Dental Association recommends children should brush their teeth for up to two minutes, twice each day? Use a timer to keep track. Or use your phone to record your child or someone else in your family singing the ABC song (which lasts about 30 seconds). Sing it four times to try to reach this goal.



Develop Their Emotional Well-Being

Getting upset is natural. Learning how to self-soothe takes time. Taking deep breaths to calm down and talking to a favorite stuffed animal are two strategies we will review in school. Have your child practice these strategies at home. If your family has another technique, feel free to share it.



Help Them Communicate

Children are having fun listening for words that rhyme, or sound the same at the end, in our books. At home, when reading books with rhyming words, point them out. Invite your child to name other words that rhyme with those words.



Explore Their World

Invite your child to help you cook and talk about what you are doing as you do it. Build their vocabulary by describing the textures of food (fuzzy, smooth, bumpy, rough, etc.), the smells (garlicy, lemony, vinegary, etc.), and the tastes (sour, sweet, salty, etc.).

