

Keep It Going...At Home

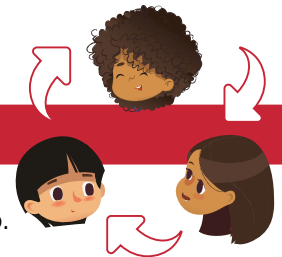
Keep Them Healthy & Active

Children learn several new yoga poses. Continue to do these and other stretches to keep children's developing bones and muscles strong.



Develop Their Emotional Well-Being

We are working on helping children develop an "I can do it!" attitude, but we know that children can get easily frustrated because there is so much they still need to learn how to do. Help them learn how to persist and remain confident. Instead of solving problems for them, ask questions and provide guidance that will lead them to creating a solution on their own.



Help Them Communicate

We read the folktale *The Three Little Pigs*. Many children's books like this one have words or sentences that repeat. When you come to a repeating part in a book, encourage your child to say the words instead of you. This helps build their memories and helps them become future readers.



Explore Their World

Children learn the names and features of common three-dimensional shapes, such as spheres, prisms, and cubes. Together look for examples of items that are like those shapes, such as tissue boxes and basketballs.

