

## Keeping Your Preschooler on Task at Home

Dear Parents,

Keeping your child on a routine as we are away from school has been a concern that has been brought to my attention. I've put a few recommendations together that may help our preschool parents keep their child focused and on task while they remain at home.

Children love structure. It gives them a reliable routine which makes the child feel safe. Parents should plan their day according to what they would like to accomplish with their child, then schedule the activities in the same order every day. Meals, Circle time activity (discuss curriculum that is outlined in the Week Ahead Memo), play activity (blocks, puzzles, manipulatives), outdoor gross motor activity, fine motor activities such as coloring, worksheets, playdough or sand/water play, iPad play using websites as outlined in Week Ahead Memo as well as a regular nap time after lunch. Children need to predict what will happen next. Usually they will tell you if you do go off task. By repeating activities, research shows that the brain makes connections stronger and stronger each time and your child as a result will predict what will happen next and become calmer and more confident. Teaching them about their boundaries is important (Say what you mean and mean what you say) Pick *two* stories at bedtime. Play *one* video game – use a timer perhaps. Have your child take responsibilities for themselves. Clean-up time is an important part of our school schedule. You might say “Let’s clean up fast like Sonic or “when we are done, we can play outside and blow bubbles”. “Let’s do this so we can do that. Make it a game. Children like to also share in taking responsibilities at home. They love their jobs at school as trivial as they may seem to us, it is important to them. “Since you’re such a big boy, you can dress yourself before breakfast!” Repeat things over and over from morning until night, and each time you do, you will make things more routine. Your child wants to be able to predict what happens next, you can ask them! And they, as a result are less apt to become anxious or upset and happy learners. Hope to see them soon!

Stay safe!

Mrs. Powers