



Wake Up Time

Early Learning (Math, Cognitive)

Talk about the **sequence** of what will happen that day. "First we will eat breakfast, then we can play."

Make **counting** part of your morning routine. "Let's count the stairs as we go down. How many blueberries would you like for breakfast?"

Look outside to check the weather. **Make inquiry or pondering statements** "I wonder what we should wear to go outside today. I wonder what will happen to our snowman in the rain?"

Fine/Gross Motor

Do **morning stretches** or simple yoga poses together when your child wakes up.

Allow your child time to **practice with buttons and zippers** while dressing.

When children **feed themselves** with utensils or even small finger foods, it helps to develop their fine motor skills.

Language/Literacy

Model greetings. "Good morning! How are you today?"

Talk about a plan for the day.

Sing a morning song together, allowing your child time for **imitation of sounds** and words, or to sing along.

Snuggle and **read a story** together while your child is waking up.

Develop a **daily schedule** with words and/or pictures to **talk** about with your child. Use consistent pictures to represent an activity or part of the day.

Social/Emotional

Support your child's efforts in toileting, brushing teeth, bathing, and washing hands. **Recognize** and **praise** their efforts and growth.

Establish consistent routines while being flexible to meet your child's needs.

Recognize and name your child's feelings and behaviors. "You seem happy today."

Establish "I Love You Rituals" or **ways to connect** with your child before starting the busy day.

Self-Help

Allow your child to **participate in daily personal care** (choose clothes to wear, use toothbrush, get dressed).

Provide easy on/off clothing to allow your child to **practice personal care**.

Provide choices as part of the routine "Should we get dressed or brush our teeth first?"