



## Wake Up Time

### Early Learning (Math, Cognitive)

**Estimate** with your child how many steps it might take to get from her room to the bathroom, living room, etc.

When your child brushes her teeth, **count** how many brush strokes she completes. **Ask her to count** and tell you how many teeth on top, how many teeth on bottom, how many all together.

### Fine/Gross Motor

Help your child **stretch** by using her arms and legs before getting out of bed.

**Try hand and finger exercises.** Grasp each finger and gently pull, hold, and breathe in and out. Do all 10 fingers. Try toes too!

**Support** your child to make the bed.

### Language/Literacy

**Sing** or **play music** for your child as she wakes up each morning. Look for soothing songs and those with repeating patterns.

Place a journal (notebook/paper) by your child's bed so she can **draw/write** before getting up. Encourage her **to think and draw/write** a plan for the day.

### Social/Emotional

Provide a gentle **wake up routine** by using a cooking or game timer that supports a relaxed wake up transition.

**Prepare your child for changes** in her daily schedule by telling her about the changes as soon as possible.

Give your child the opportunity to **make choices** about her upcoming day.

### Self Help

Consider an alarm clock for your child so she can begin to wake up on her own.

**Create visual steps** for a morning routine (draw each step). Support your child to use the visuals independently while continuing to provide an emotional connection first thing in the morning.