

Daily Learning Planner

Ideas parents can use to help children
prepare for school

Riverview Gardens School District
Saint Louis, MO



THE
PARENT
INSTITUTE®

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Daily Learning Planner: Ideas Parents Can Use to Help Children Prepare for School—Try a New Idea Every Day!

- 1. Draw a picture of a face. Point out each feature to your child and have him tell you what it is.
- 2. Tell your child a riddle. Say, "I am soft and furry and I purr when I'm happy. What am I?"
- 3. Make mornings go smoothly by creating regular routines for getting up, brushing teeth and eating breakfast.
- 4. Have your child guess how far she can throw a ball. Test and find out.
- 5. Tell your child a story. Ask him to listen for one word, like *dog*. Tell him to clap each time he hears you say the word.
- 6. Keep the TV and other screens turned off today. Let your child choose alternative activities.
- 7. Show your child a pattern by alternating apple and banana slices. Can she tell which will come next?
- 8. Reinforce manners today. Remind family members to say *please* and *thank you*.
- 9. Place light and heavy objects on the floor. Have your child blow on them. Which ones blow away?
- 10. Ask your child to look outside, then draw a picture of the weather.
- 11. Sing favorite songs together today.
- 12. Wash hands with your child before each meal. Talk about the importance of frequent hand washing.
- 13. Sort laundry with your child. Separate items by color, size or type.
- 14. In the morning, help your child select several short books. Throughout the day, find time to read each one together.
- 15. Talk about characteristics that make each season of the year special.
- 16. Praise your child for something he did today. Make your praise as specific as possible, so he understands what he did right.
- 17. When your child asks a question you can't answer, write it down. Keep a list of questions to look up later.
- 18. Encourage independence. Set rules that allow your child do things for herself: "At snack time, you may choose one snack from this basket."
- 19. Hide a small toy and give your child directions for finding it.
- 20. Plant a fall flower, such as a mum, with your child. Or plant bulbs that will come up in the spring.
- 21. Discuss a noise, such as a siren or a dripping faucet. Ask your child to tell you if it's *loud* or *soft*.
- 22. Talk about shapes while riding in the car. Teach your child the different shapes that road signs come in.
- 23. Turn on some music that has no words. Give your child a crayon and paper and ask him to draw to the music.
- 24. Teach your child her address. Outside, show her the building number.
- 25. Help your child find familiar letters and numbers in newspaper or magazine headlines.
- 26. Read three poems with your child today.
- 27. Make a habit of using Sunday nights as a time to talk with your child about the week ahead.
- 28. Ask your child to point out all the red things he sees today.
- 29. Talk about playground safety with your child.
- 30. Play a game of Follow the Leader. Take turns *leading* and *following* and talk about what those words mean.