



Importance of Reading

Research shows that **READING** is the one of the most important things you can do help your child get ready for school. It is recommended to read for at least 15 minutes per day! It takes 21 days to build a habit so we are challenging you to a 21 day reading challenge.

Reading can be a special time to connect with a family member. Reading is an excellent learning activity as well as much needed down time. Take time to snuggle on the couch with a story, or connect to family members via phone or face time to have them read to your child.

Routines

Routines are incredibly important for children and families. Knowing what to expect allows children to feel a sense of security, and this provides them with the freedom to learn and be creative. Children may be struggling to understand why they can't go to school, to the store or to the playground. They no longer have any idea what to expect. We can help by creating a routine at home. Having a routine will help both the parents and the children know what to expect each day.

Routine can help eliminate the fear of the unknown and give children the concept of something to look forward to. Routines also help build connections with family. Knowing what to expect and who will be there with them, helps children to feel safe. Create a visual daily schedule- include pictures if you can.

- Wake Up/ Get Dressed/ Brush your teeth
- Breakfast
- Learning time- reading, writing, math, science
- Exercise time
- Creative Play- art/ legos/ puzzles
- Lunch
- Quiet time-nap/ rest/ books or movies
- Chore time
- Outside play time
- Dinner time
- Family Time and Reading
- Bath & Bed time

TIPS FOR FAMILIES

1. Family Dinners can be a time to connect with each other. Children can learn so many skills from helping to plan and prepare the meal, set the table and clean up.
2. Reading for 15 minutes per day is one of the most important things you can do to help your child get ready for school. This is a special time to bond with your child. You can also have them read to you.
3. Maintain a consistent Bedtime. Even though there isn't school the next day, Kids still need sleep, in order to stay healthy and happy. Also, a scheduled bedtime gives parents some much needed quiet time after the kids are in bed.
4. Utilize themes each week to spark creativity and sense of consistency and something to look forward to each week.
 - Messy Monday- Do art projects with finger paint, Write your name in shaving cream, go outside and make a mud pies.
 - Tasty Tuesday- Try a new food or recipe that you make together and try together.
 - Wellness Wednesday- Take a family hike or bike ride, family yoga or go on a scavenger hunt.
 - Thinking Thursday- focus on learning activities, puzzles, Legos, reading together, science experiments
 - Family Fun Fridays- Play board games or other activities that your family enjoys together
5. Make Memories and Have Fun. Use this time with your child to create routines and memories that will last a lifetime. Don't get stressed over if they are learning enough. Focus on making them feel SAFE and LOVED!

