



EARLY CHILDHOOD PROGRAMS COMMUNITY ACTION, INC.

of Central Texas

Helping Maintain A Fun & Positive Learning Environment While at Home

1. Create a simple schedule or routine and stick to it!



2. Children enjoy knowing what to expect. Post your routine and explain it to your child.

3. Take 1-minute Brain Breaks

a. Use YouTube videos of dancing for a break.



i. [Example One](#) and [Example Two](#)

4. Take at least 30 minutes out of each day for outdoor time (weather permitting)



5. IT IS OK TO NOT COMPLETE AN ACTIVITY.

a. If your child is having a bad day or you just can't complete a particular activity, DON'T WORRY.

b. Educational activities should remain FUN and inviting for both the child and parent.



6. Use your resources

a. Call your Teacher or Family Advocate – They are available for you and can answer any and all questions.

b. Check out our website: [Here](#)

