

Daily Learning Planner

Ideas families can use to help children
prepare for school

This Newsletter Provided By
Berea Early Childhood RTC



THE
PARENT
INSTITUTE®

March • April • May 2023

March 2023

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

- 1. Make it a point to introduce two new words at the dinner table tonight.
- 2. When your child asks a question you don't know the answer to, write it down. Keep a list of questions to look up together later.
- 3. Work on a jigsaw puzzle with your child.
- 4. Go to a nearby park or running trail. Everyone run like the March wind!
- 5. Talk to your child at eye level. Sit, squat, kneel or lie on the floor.
- 6. A nutritious breakfast helps kids learn. Start your child's day with a healthy breakfast at home or at preschool.
- 7. Read a story together. Stop in the middle and ask how your child would end it.
- 8. Demonstrate how long one minute is. Have your child guess how many times you will blink in one minute. Set a timer and count to find out!
- 9. Talk about colors today. What colors make your child think of spring?
- 10. Ask your child how the sun helps us. *Feeds plants, keeps us warm.* Can it harm us? *Sunburn.*
- 11. Cut a potato in half. Carve designs in each half. Let your child dip them in finger paint and press them onto paper to make prints.
- 12. Place light and heavy objects on the floor. Have your child blow on each one. Which blow away? Have your child make predictions.
- 13. Let your child choose a story to turn into a puppet show.
- 14. Play animal charades. Imitate an animal and have your child guess what you are pretending to be.
- 15. Divide a paper into squares. Write a number in each square. Have your child put the correct number of pieces of cereal in each square.
- 16. Make up trivia questions about your family. Quiz one another at the dinner table.
- 17. Ask your child to describe a happy memory.
- 18. Have a device-free day. Spend time playing outside as family instead.
- 19. Look through a magazine or catalog with your child for categories of things. Look for red things, then find green things.
- 20. A *rebus* is a story that replaces some words with pictures. Make a rebus with your child.
- 21. Assign a new chore that your child was not ready for last spring, such as setting the table.
- 22. Give "toasts" at dinner. Have each family member honor another.
- 23. Teach the meanings of the words *forward*, *backward*, *low* and *high* by jumping with your child.
- 24. Celebrate your child's accomplishments with a "can-do" list. "Jamie can: run, count to 10, zip up a coat." Update the list regularly.
- 25. Put clues around the house to help your child find a treat. Make each clue a drawing that leads to the next.
- 26. Ask your child to look outside three times today and describe the weather with words such as *sunny*, *cloudy* or *rainy*.
- 27. Use your hands and feet to make music together. Clap, stomp, snap and tap.
- 28. Give your child three pictures that show different steps in a process. Ask, "Which came *first*, *second*, *last*?"
- 29. Read your child a story that rhymes.
- 30. Ask your child to place an item on the table, *beneath* the table, *next to* the table and *in front of* the table.
- 31. Look at the trees together and listen. Are the birds coming back?

April 2023

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

1. Teach your child the rhyme: "April showers bring May flowers." Draw a picture of rain and flowers together.
2. Exercise with your child today. Try to touch your toes, do sit-ups, run in place or stretch your arms and legs.
3. Drop paint onto paper with a spoon. Let your child turn the paper different ways to make designs.
4. Read some funny poems aloud. Stop to let your child guess what the next rhyming word will be.
5. Help your child do something nice for someone else today.
6. Talk about feelings. Have your child give examples of actions or words that make people feel *happy*, *sad* or *mad*.
7. Take a walk with your child. Point out things you don't usually notice, such as a pattern in tree bark or reflections in windows.
8. Join your child for a few minutes of pretend play today. If your preschooler wants to be the doctor, you pretend to be the patient.
9. Tell your child about a family tradition you enjoyed as a child. Recreate the experience together.
10. Emphasize the concepts of *now* and *later*. Say, "Now we'll clean up. Later we'll eat dinner."
11. Read a story aloud and ask your child to illustrate it.
12. Talk with your child about things students do in kindergarten.
13. Teach your child about taste opposites. For *sweet* versus *sour*, use sugar and a lemon. For *salty* versus *bland*, use pretzels and plain cooked rice.
14. Sing a silly song with your child today.
15. Children love to collect things they find in nature. Help your child find a good place to keep a nature collection.
16. Does your child need new books? Organize a neighborhood book swap.
17. Play "school" with your child. Take turns being the teacher.
18. Allow your child to use an adult tool, with your supervision. A flashlight is a great tool for beginners.
19. Practice saying the names of the months with your child.
20. Glue a picture onto cardboard. Punch holes in the picture. Have your child thread a shoelace through the holes.
21. Draw a hopscotch pattern on the sidewalk with chalk. Show your child how to hop through the pattern.
22. Have a 20-minute DEAR time (Drop Everything And Read).
23. Plan a week of ethnic meals. Each night, try a food from a different culture.
24. Create a costume box for your child from yard sale treasures, such as scarves and big shirts.
25. With your child, look at a tree in your neighborhood. Talk about how it has changed in the last few weeks.
26. Ask your child questions that require more than a *yes* or *no* answer: "What was your favorite part of the story?"
27. Go outside with your child and blow bubbles today. Try to catch one without breaking it.
28. Talk with your child about different types of reading materials. Fairy tales, mysteries, biographies, nonfiction, etc.
29. Play Follow the Leader with your child.
30. Have your child name five healthy foods that help kids grow and two foods that taste good but are not healthy.

Copyright © 2023 The Parent Institute®, a division of PaperClip Media, Inc. • May be reproduced only as licensed by *Parents make the difference!*® and *Helping Children Learn*® newsletters • 1-800-756-5525

May 2023

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

1. Ask your child whether it would be more fun to travel in a car, a train or an airplane. Why? Where would your child go?
2. Expect your child to pick up toys after play time. Turn on some clean-up time music!
3. Give your child a hug and say "I love you."
4. Help your child pour uncooked rice or water from one container to another.
5. In the grocery store, ask your child to look for foods that are purple.
6. It's Physical Fitness and Sports Month. Look for a new physical activity you can enjoy together as a family.
7. Set a goal for the day with your child. Make reaching it as fun as possible.
8. Help your child name each of the five senses and what people use them for.
9. Experiment with shadows. Where should you and your child stand in relation to the sun to see your shadows?
10. Spray shaving cream on a plate and let your child draw in it. This gets fingers ready to write letters.
11. Make a list with your child of five things to do during a rainstorm.
12. Visit a playground where your child can run, jump and climb safely. These are important motor skills.
13. Plan an evening walk with your child. Watch the sun set.
14. Use a spoon as a ruler and see how many "spoons" tall your child is.
15. Write a letter of the alphabet on a piece of paper. Ask your child to draw things that begin with that letter.
16. Choose a book with lots of pictures. Have your child tell you the story based on the illustrations.
17. Promote family principles. Say things like "In our family we use kind words and we don't hit."
18. Call your local library (or check its website) and find out when the next children's event is. Mark it on the calendar and plan to attend.
19. Help your child practice counting all through the house. How many doors are there? Windows? Chairs?
20. Ask your child to problem-solve. "How can we get all these toys to fit in the basket?"
21. Go daytime camping in your backyard. Drape a sheet over chairs for a tent.
22. Together, look at your preschooler's reflection on the back of a spoon. How does it make your child appear?
23. Draw several items on paper. Ask your child to count them.
24. As you do errands, help your child talk with people you meet about the jobs they do.
25. Together, learn something new about a person your child admires.
26. Play catch with your child.
27. Help your child create a mini "store" with clothes and play money.
28. Go on a picnic with your child. After eating, stretch out on a blanket and read together.
29. Offer encouragement after a setback. "You are growing and learning a lot and I think you'll be ready to try again soon!"
30. Help your child practice cutting with safety scissors. Demonstrate how to cut in a straight line and then a curve.
31. When talking about your child, avoid complaining if there is even a chance that your child could overhear.

Copyright © 2023 The Parent Institute®, a division of PaperClip Media, Inc. • May be reproduced only as licensed by *Parents make the difference!*® and *Helping Children Learn*® newsletters • 1-800-756-5525