

Daily Learning Planner

Ideas parents can use to help children
prepare for school

Berea Early Childhood RTC
sonia.michael@bera.kyschools.us



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September 2018

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

- 1. Make a height chart for your child. Measure his height each month and point out how it changes.
- 2. Discuss a few weather changes that take place in the fall. (Days are cooler and shorter.)
- 3. Read a book to your child before each meal and before bedtime.
- 4. September is Library Card Month. Make sure everyone in your family has a library card.
- 5. Make a pattern by alternating apple and banana slices on a plate. Can your child tell what will come next?
- 6. Look through a calendar with your child and point out some special days, such as her birthday.
- 7. Together, practice counting to five in another language, such as French—*un, deux, trois, quatre, cinq*.
- 8. Plant a fall flower, such as a mum, with your child. Or plant bulbs that will come up in the spring.
- 9. Help your child put drops of food coloring into water to experiment with mixing colors.
- 10. Talk with your child about something she has done well today.
- 11. Help your child find different shapes around the house.
- 12. Talk about the difference between *night* and *day*. Have your child draw a night picture and a day picture.
- 13. Watch a children's show with your child. Talk about the characters.
- 14. Look online or in the newspaper for county fairs or autumn festivals nearby. Plan to attend one with your child.
- 15. Help your child sort through his toys. Consider giving toys he no longer uses to another child, a day care center or a school.
- 16. Have a family photo taken. Give a copy to your child.
- 17. Look around your house for different textures. Can your child find something hard? Soft? Bumpy?
- 18. Tap out a simple rhythm with household instruments, such as spoons. See if your child can copy it.
- 19. Have your child practice following three-step directions. "Go to the coat hook. Take down your jacket. Bring it to me."
- 20. Gather some items that can get wet. Fill the sink with water and help your child test which items float and which sink.
- 21. Make up a song featuring your child's name.
- 22. Set aside some time to spend one-on-one with your child today.
- 23. Bake a cake with your child and allow her to decorate it.
- 24. Line up chairs like a train. Ask your child to crawl *under* them, *around* them and *on* them.
- 25. Read the comics together. Talk about what's in the pictures.
- 26. Teach your child to use a magnifying glass. Examine familiar objects.
- 27. Place spare materials—scraps of fabric, tissue paper and ribbons—in a box. Let your child use them to make a collage.
- 28. Ask your child to help set the table for dinner. Count out spoons, napkins or cups together.
- 29. Say a word and see if your child can think of words that rhyme with it.
- 30. Play a board game with your child.

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October 2018

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- 1. Read with your child for at least 20 minutes today.
- 2. Ask your child to stand on one foot. Count how long he can balance. Now have him try the other foot.
- 3. Cut part of a photo out of a magazine or catalog. Paste it onto paper. Ask your child to use crayons to complete the picture.
- 4. Send your child a card or a letter through the mail. When it arrives, read it together.
- 5. Help your child learn about taste opposites. For *sweet* versus *sour*, use sugar and a lemon. For *salty* versus *bland*, use pretzels and cooked pasta.
- 6. Ask your child what she would do if she were invisible for a day.
- 7. Have fun with a classic fall activity. Rake leaves and jump into them!
- 8. Suggest that your child try a new self-care skill today—putting on his own shoes, for example.
- 9. Help your child create a “store” with toys and play money.
- 10. Point out patterns on wallpaper or clothes to your child. Recognizing patterns is a necessary skill for reading and math.
- 11. Talk with your child about things that make each season special.
- 12. Look at photos from a year ago. Your child will be amazed at how much she has grown!
- 13. Dip the wheels of a toy car in paint. Let your child “drive” it over paper to make a design.
- 14. Take a walk with your child and use all five senses to observe the world around you.
- 15. At the grocery store, ask your child to spot different foods.
- 16. Give your child play dough, a rolling pin and some cookie cutters. Let him cut out “cookies.”

- 17. Make plans for a special parent-child day.
- 18. Cut straws into different lengths. Ask your child to line them up from shortest to longest.
- 19. Ask your child to name three active things she likes to do.
- 20. Collect leaves, bark and small sticks with your child. Help him make a tree picture by gluing them to paper.
- 21. Have your child try to draw with the hand she doesn’t usually use.
- 22. Use glue to write your child’s name on construction paper. Let him stick cereal or dry beans on the wet glue.
- 23. Let your child see you enjoying reading.
- 24. Put together a “kitchen band.” How many kitchen objects can your child use to make music?
- 25. Ask your child to name things found in the sky.
- 26. Talk to your child at her eye level. Sit, squat, kneel or lie on the floor.
- 27. Show your child how to use construction paper strips to make a chain.
- 28. Tell your child a riddle: “I love to bark and wag my tail. What am I?”
- 29. Practice sorting with a deck of cards. Have your child sort by color, shape or number.
- 30. Have a bedtime chat with your child after the light is out.
- 31. Help your child make an “I’m bored bag.” Fill it with items he can use when he’s bored, like a book and stickers and paper.

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November 2018

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- 1. Allow your child to use a tool, such as tweezers, with supervision.
- 2. Find a book that describes holidays around the world. Choose a new holiday to observe with your family, or invent one.
- 3. Make a “touch box.” Put items such as cotton balls, rocks and small toys into it. Can your child guess what she’s touching without looking?
- 4. Have a jump rope contest today. See how many jumps your child can do in a row.
- 5. Start a nature log. Have your child draw a picture of the same outdoor feature, such as a tree, every few months.
- 6. With your child, decorate a box and cut an opening in the top. Place notes for your child in it. Let him “mail” letters or drawings to you.
- 7. Tell your child a story about when she was a baby.
- 8. Look through a picture book together. Have your child pick out favorite images.
- 9. Challenge your child to draw blindfolded.
- 10. Collect canned goods for a shelter or food bank. Take your child with you as you deliver them.
- 11. Help your child learn his age and birthday.
- 12. Stretch a rope on the ground. Show your child how to jump over it from side to side.
- 13. Let your child decorate each finger of an old pair of gloves. Help her put on a finger puppet show.
- 14. Place a flat object, such as a penny, on a piece of paper. Have your child paint over it, then remove the object to see the design.
- 15. Look at a school bus. Ask your child, “How is it different from a car?”
- 16. Plan a No TV Night. Read or play games instead.

- 17. Find a new word in the dictionary. Talk about what it means with your child. Use it in sentences today.
- 18. Play three different types of music today. Together, make up movements for each one.
- 19. Tonight, talk about things that made you and your child happy today.
- 20. When serving food, talk with your child about how you divide it. “There are two of us and one apple. We’ll cut it into halves.”
- 21. Have your child draw a picture. Ask him to make up a story about it and tell it to you.
- 22. Make a list of all the things that make your family members thankful.
- 23. Let your child help you bake and decorate cookies.
- 24. Talk about shapes you can see while riding in the car, such as different road signs.
- 25. When your child tries to do something, praise her effort.
- 26. Fill glasses with different amounts of water. Have your child tap them gently with a metal spoon and listen to the different tones.
- 27. Ask your child to build a city using blocks or boxes.
- 28. Glue a photo of a family member on a page. Have your child decorate around it with drawings.
- 29. Give your child some books to arrange according to size.
- 30. Write a number and have your child mold the shape of the number with clay or play dough.

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