

Suggested Family Guide...

Conversation starters during meal times

We will share interesting topics that can help encourage conversation between you and your child. These can be done at any time of day, however, mealtime is the perfect opportunity to connect with your child.

Story time 15 min.

Teachers will send a video of themselves reading a story. They will ask questions and keep students engaged. We encourage you to talk to your child and ask questions about the story.

Hands on activity 30 min.

Teachers will send a video of themselves demonstrating a different activity everyday. They will try to use materials and objects that can be found at home. Encourage your child to explore with this activity and if possible join in on the fun!

Outdoor learning 30 minutes twice daily

It is important for children to be outside to explore and enjoy nature. We will share different ideas that you and your child may enjoy outdoors such as, nature walks, scavenger hunts, gardening, etc.

Link or app of the week

We will include a fun educational link or app that you and your child may enjoy together. Keeping in mind the recommendation of the American Academy of Pediatrics (AAP) limiting screen time (including television) to one hour per day.

Wake up/Bedtime Routines

Even through these times, it is important to keep a consistent routine with your child - going to bed and waking up at the same times during the week. Keeping up with healthy, daily habits such as brushing teeth, bathing, washing hands. Try to squeeze in a bedtime story every night to end the day making a special connection. You may also consider teaching them a special song or nursery rhyme that you learned as a child.