

TOP 10 IDEAS

What to do with your young children at home



Children are not the same and depending on their character, age and other circumstances, they might be able to follow some of these ideas. I hope they work for your family.

1 Involve them in the house chores like cooking and cleaning, giving them small responsibilities and tasks. Creating a daily routine can help so that they know what you expect from them.

Recycle paper and boxes from food or deliveries, and let them create projects that involve cutting, sticking, painting and decorating. Even if these creations end up in the bin, what really matters is the process and the strengthening of skills.

2



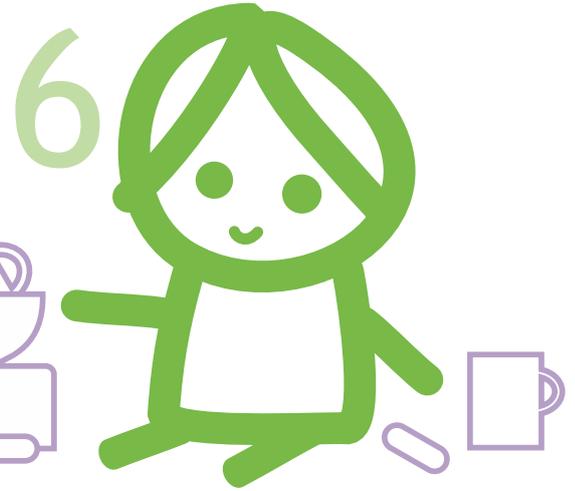
3 Spend time in the garden - if you have one - and if not, go to the local park or just walk around. Bringing a ball, a scooter or a bike can make it more interesting. You can have picnics - healthy snack- at the park.

Set up some activities, if possible, early morning so that they can spend some time on their own. Puzzles, threading and small world toys can keep them busy for longer periods.

4

5 Cover the floor with a big sheet of paper or a cardboard and provide them with some mark making tools such as crayons, colouring pencils or chinks. They will make a start with early writing this way.

Choose some real objects from home that are safe to play with. Plastic plates, cups, pots, pans, tea towels, sponges, bowls and observe what they decide to do with it. Sometimes they just need resources and creativity will follow.



7 Spend some time reading books, listening to audio stories (even Cds), looking at photos, images, leaflets, magazines and talking a lot about the things they see. Model sentences such as “I can see...”

Surprise your child with unexpected things, like having balls in the bath or bringing toys out that you have stored already or using a different place at home like under the table. Surprises are great fun.

9 Watch short videos or educational programmes - previously chosen if possible - that might enhance learning. Some documentaries, stories and performances available online are good alternatives.

Talk about feelings when conflict arises and involve them in making agreement so that they know the behaviour that is expected. To be both loving and firm is a skill for all parents to develop so that we can help our children grow healthily and empowered.

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“I think it’s necessary to let kids get bored once in a while - that’s how they learn to be creative”

Kim Raver