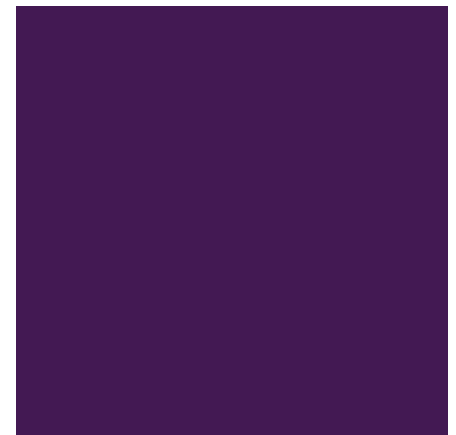
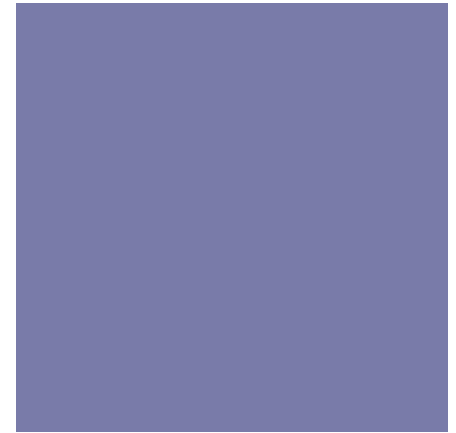




What are
we going
to do
today?



Creating structure in
our homes for learning
and love.

+ Schedule of the Day

- “Every early childhood educator relies on a well-planned daily schedule to provide them with the structure needed to manage the day and be more present with the children in their classroom. This schedule helps them know what to plan for and helps children know what to expect. It provides predictability, which creates a sense of safety and comfort. This is much needed in children’s lives during the current public health crisis. Their schedules and relationships have changed drastically. While children are resilient and can adapt to change, helping them find predictability in this new normal will support optimal development and help them manage their emotions.”
- From Hatch Blog
- Your child’s personal schedule should have structure but most importantly be adaptable.
- Your child’s current or future teacher has a set predictable schedule every day, but they need to modify the schedule when the children need it.



+ How to plan your daily schedule



- Wake up time
- Breakfast
- Play Time
- Structured Learning
- Lunch & Rest
- Physical Activity
- Books
- Bed time routine
- Create a Schedule with flexible blocks of time. Did you notice the schedule does not have a specific activity but is FLEXIBLE, so you can be creative.

+ What does Play Time Look Like



- Lets be creative
 - Lots of open ended materials for art to flourish. Use what you have paper, backs of cereal boxes, the back of wrapping paper. Go on a scavenger hunt in your house and put these items in a box or bin to use during this time.
- Lets build it
 - Young children love to build things with just about anything you have in the house. Blocks, boxes, pillows, paper towel rolls, blanket forts, what ever you have. This can be open to anything or you can give them a challenge like can you build a bears cave?
- Sensory Play
 - Give your kids a bucket of water and some kitchen gadgets or cups to explore with. You can use sand, rice, shaving cream, ice anything you have in your house. Think of dumping and pouring skills.
- Old fashion games
 - Board games, I spy games, scavenger hunts, hopscotch, puzzles, hide and seek, the list could go on and on.

+ Structured Learning

- Aim for 10 minute activities that could grow to a max of 15 minutes. Try to have a few options. Aim for 2ish Activities
- These are activities that if you don't teach it, its hard for children to naturally acquire them.
- This should be play based and fun activities. Teaching numbers 1-10 should not be drill and skill, they should be through fun games.
- Check out our website here for some ideas of things we are currently doing.
- **Watertown Public Schools Early Childhood Center's Activity Grid.**
- <https://docs.google.com/document/d/1ZeaNY5GSmxYdQaJld-8jdrDRXi2JbqrknbC0YGzEe-s/edit>
- **Coordinated Family and Community Engagement (CFCE) Serving Watertown & Belmont Families - Stay School Units**
- <https://wpsearlychildhoodcommunity.weebly.com/>



+ Physical Activity



- Get moving inside or Outside in your yard. So get outside, safely, when you can .
 - Young children need to move, help them do it productively.
- Structured
 - You can takes walks, go on a scavenger hunt, play tag, baseball, soccer, basketball, anything with a ball.
 - Unstructured
 - Running around the yard, starting up at the clouds, putting out toys and letting them decide what to do.



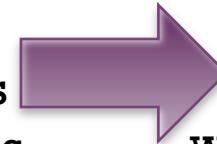
Helping your child understand your daily schedule

What are we doing today?
What are we playing with next?



If you want to minimize these questions, you need a daily schedule.

Explain to your child how to “read” the schedule. You are going to look at books for 15 minutes, then I will read with you.













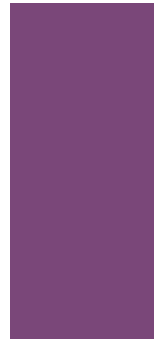
Remember to think about what parts of your day are flexible and which parts are not when building your child’s schedule.



Sample Toddler Visual Schedule

Daily Schedule

 Out of crib	 Diaper	 Breakfast	 Get dressed
 Play	 Diaper	 Go to Playground	 Snack
 Diaper	 Sensory Activity	 Lunch	 Read Books
 Rest	 Snack	 Diaper	 Outdoor Fun
 Craft Activity	 Family Dinner	 Bathe, Toilet and teeth	 Sleep



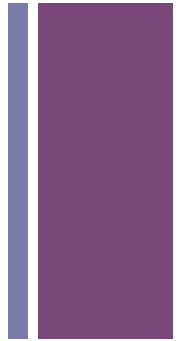
+ Sample Preschool Visual Schedule

 <p>Wake up</p>	 <p>Toilet and teeth</p>	 <p>Breakfast</p>	 <p>Get dressed</p>
 <p>Play</p>	 <p>Bathroom (toilet & hand wash)</p>	 <p>Go to Playground</p>	 <p>Snack</p>
 <p>Sensory Activity</p>	 <p>Bathroom</p>	 <p>Lunch</p>	 <p>Read</p>
 <p>Rest/Nap</p>	 <p>Bathroom</p>	 <p>Snack</p>	 <p>Outdoor Fun</p>
 <p>Family Dinner</p>	 <p>Craft Activity</p>	 <p>Bathe, Toilet and teeth</p>	 <p>Sleep</p>



FIRST THEN LAST BOARD

You cut the pictures out and move them throughout the day.



FIRST

THEN

LAST



YOU GOT THIS

And we are here to help.