



Helpful Hints



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Family Packet #4 with ideas and activities for
Infants to Preschoolers

Hints, Advice, and Ideas

Preschool Parents, I want you to know that you are doing a great job!

It's OK!

One of the biggest hurdles in teaching is realizing that your plan is not always the child's plan - and that's OK! When this happens, the adult needs to change course and follow the child's lead. If the child isn't interested at all, that's OK! I know that we have been sending home a lot of different ideas and challenges and some of them might seem a little too advanced for your child. Please keep in mind that we have 3, 4, and 5 year olds and they are all at very different stages in development. In the classroom, we are able to adapt our lessons based on each child's developmental level and sometimes we do it on the fly. This is harder to do when we are sending you challenges and activities without being in your homes and seeing the reactions of each child.

Zoom Struggles

If your child is in a Zoom meeting and seems excited to see their friends and teacher, but it turns out that they aren't that interested in doing anything while the camera is on, don't grasp the concept of one person talking at a time, or they clam up, that's OK! Sometimes it nice to just see each other. Maybe you have older children, or you, who need to Zoom at the same time as your preschooler and you can't connect that day. You can always contact your teacher and maybe you can talk on the phone instead.

Your Stories Stink!

If your child has shown no interest in doing any activities or challenges, please do not feel like you, or they, are doing anything wrong. Maybe what your child needs in that moment is your presence, to play with you, or to be near you. As adults we are finding this time at home to be difficult and strange, and we have a pretty good grasp on what is going on! Children do not quite understand what is happening, but they know something is not right. Perhaps doing little projects or "lessons" is too much for them right now. Remember, playing is learning! If your child wants to play with toy cars all day long, there is a lot of learning going on! Maybe they are seeing how fast cars can go on different surfaces, or building ramps and testing different heights, or making different noises to match different vehicles. This is learning. When they are engaged, content, and in control, they are thriving.

Uninterested

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Be Flexible and Breathe!

Everyday in preschool we are constantly changing our plans. Sometimes we plan something that all of the children thoroughly enjoy and it keeps them engaged far beyond small group time. Other days, we plan something awesome, but the children are not at all interested and we need to change it up. Don't get discouraged. The only way anyone is "doing it wrong" is if you keep forcing a child to get engaged and you both get frustrated and want to cry. Even if that happens, that's OK! It shows that you care and that you want to do what you can to help your child learn. But the next time you start to feel things getting to that breaking point, take a step back, take some deep breaths, and just watch what your child is doing, or trying to do.

I Don't Have Time!

Maybe you are constantly struggling to balance work and normal day-to-day responsibilities and don't have time for these extras. Guess what? That's OK! These are all just suggestions in case you have the time or need some ideas. No one is grading you or your child on these activities! Maybe you don't have time because you have older children who suddenly have HOURS of homework to do EVERYDAY. Honestly, that seems overwhelming to anyone and I commend you for encouraging your older children and supporting them in their learning. You probably don't have time to do "fun things" and, you guessed it, that's OK! I'm sure it doesn't feel OK. You might feel guilty about not spending a ton of time with your preschooler. Own the feelings and then do something, even if it's only for 10-15 minutes, with your preschooler. Any time you spend together is better than forcing so-called "great activities."

We Got This!

Like I said, you are doing an amazing job! How do I know this? For starters, it's because you are getting out of bed each day and taking care of a house, a job, and a child (or a few of them!). Please be kind to yourself and remember to take care of you and your significant other, too. Please reach out to any of the preschool staff or Ms. Eva. We are still here for you and want to support you any way that we can.

We care about your family, your child, and you!

We can do this! ~Ms. Julie

1. Anger
2. Resistance to the "new order"
3. Tiredness
4. "Numbing out"
5. Displaced Frustration
6. Boredom

Remember, our children are little heroes, too!