TOP 10
Child Development
#1
BASIC NEEDS
## Daily Hours of Sleep Needed, Naps Included

<table>
<thead>
<tr>
<th>Age</th>
<th>Hours Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2 years</td>
<td>11-14 hours*</td>
</tr>
<tr>
<td>3-5 years</td>
<td>10-13 hours*</td>
</tr>
<tr>
<td>6-12 years</td>
<td>9-12 hours</td>
</tr>
<tr>
<td>13-18 years</td>
<td>8-10 hours</td>
</tr>
</tbody>
</table>
Keep naps until 4 or more!
Consistency and Predictability
It’s Field Trip Day!
Transitions during the school day
CHOICE
“Do you want to go up the stairs...”

“FAST”  or  “SLOW”
**SING IT!**

Change it up with a *song*... start singing your expectations to catch the attention of your children. Often times a familiar tune will help to make learning fun!

![Musical Notes]

**Follow the Leader**

Who can *walk to the car* like a dinosaur?
Who can *go up for nap* like a mouse?
Who can fly like a plane *to the bathtub*?
Perspective
30 Day Rule!
Our School Rules!

We are kind to each other

- Walk in the classroom.
- Use your quiet voice.
- Listen and remember what your teachers say.
- Keep hands and feet to yourself.
- Do your best work!
Shift Your Focus
Positive Interactions
Goal Setting

TEACHER WORKSHOPS

TEACHER MENTORS

Teacher Manuals
What was that about?

What can I do differently next time?
Address the Challenges!
*Benefits of Routine*

Clarifies expectations
Avoids surprises
Decreases anxiety
Increase relaxation
Instills security and safety
Allows a sense of control
Encourages productivity
Helps with organization
Simplifies life
Promotes self-confidence
Reinforces certain skills
Goes together with creativity
Add Structure!

<table>
<thead>
<tr>
<th>Wake up time</th>
<th>Get Dressed</th>
<th>Breakfast</th>
<th>Brush Teeth</th>
<th>Put on Shoes</th>
</tr>
</thead>
</table>

- Wake up time
- Get Dressed
- Breakfast
- Brush Teeth
- Put on Shoes
Good Morning Annie!

1. Go to Potty
2. Get Dressed
3. Brush Teeth
4. Wash Face
5. Brush Hair
6. Go to School
Good Night Annie!

1) GO POTTY
2) PUT ON PJ'S
3) BRUSH TEETH
4) WASH FACE
5) MOVIE TIME
6) GO TO SLEEP
Getting dressed in the morning
Schedules

Daily Schedule: 2-3 yrs. old
"Little Miracles"

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 - 7:40 am</td>
<td>Inside Open Play</td>
</tr>
<tr>
<td>7:40 - 8:00 am</td>
<td>Story Time/Prepare for breakfast</td>
</tr>
<tr>
<td>8:00 - 8:30 am</td>
<td>Breakfast time</td>
</tr>
<tr>
<td>8:30 - 9:00 am</td>
<td>Inside time</td>
</tr>
<tr>
<td>9:00 - 10:15 am</td>
<td>Bathroom &amp; Diapering/Inside Open Play</td>
</tr>
<tr>
<td>10:15 - 10:25 am</td>
<td>Cleanup time</td>
</tr>
<tr>
<td>10:25 - 10:45 am</td>
<td>Circle time/ABCs/Numbers/Colors/Shapes/Songs</td>
</tr>
<tr>
<td>10:45 - 11:15 am</td>
<td>Circle time/Play</td>
</tr>
<tr>
<td>11:15 - 11:45 am</td>
<td>Circle time/Brushing</td>
</tr>
<tr>
<td>11:45 - 12:00 am</td>
<td>Circle time/Reading</td>
</tr>
<tr>
<td>12:00 - 12:30 am</td>
<td>Circle time/Listening</td>
</tr>
<tr>
<td>12:30 - 12:45 am</td>
<td>Circle time/Avoiding</td>
</tr>
<tr>
<td>12:45 - 1:30 pm</td>
<td>Circle time/Handling</td>
</tr>
<tr>
<td>1:30 - 2:00 pm</td>
<td>Circle time/Manipulating</td>
</tr>
<tr>
<td>2:00 - 2:30 pm</td>
<td>Circle time/Feeding</td>
</tr>
<tr>
<td>2:30 - 3:00 pm</td>
<td>Circle time/Threading</td>
</tr>
<tr>
<td>3:00 - 3:30 pm</td>
<td>Circle time/Exploring</td>
</tr>
<tr>
<td>3:30 - 4:30 pm</td>
<td>Circle time/Inquiring</td>
</tr>
<tr>
<td>4:30 - 5:00 pm</td>
<td>Circle time/Playing</td>
</tr>
</tbody>
</table>

Preschooler Activities

- Circle Time
- Learning
- Fitness & Play Gym
- Art / Crafts
- Nap Time / Quiet Time
- Puppet Theatre
Timers
SET LIMITS

STOP

Come in WE’RE OPEN

Sorry WE’RE CLOSED
Sibling Rivalry?
Model Calm
Parent As One
Parenting Partnership Contract

• We agree to “let go” of the past and focus on the future!
• We agree to follow the house rules as established by both of us.
• We agree to act as ONE parent when interacting with our children.
• We agree to speak to each other in respectful manner that acts a model for our children.
• We agree to SUPPORT each other through the “up and downs” parenting.
  1. We agree to celebrate our successes together and acknowledge positive change in each other.
  2. We agree to use calming strategies when we are feeling frustrated.
• We agree to be the BEST partners we can be!
We TEACH!
BE CONSISTENT
Play
All I really need to know I learned in kindergarten.

By Robert Fulgham

Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Flush. \[\ldots\]

All I really need to know about how to live and what to do and how to be I learned in kindergarten. Wisdom was not at the top of the graduate-school mountain, but there in the sandbox at Sunday School. These are the things I learned:

- Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat.
- Flush. Warm cookies and cold milk are good for you. Live a balanced life—learn some and think some and draw and paint and sing and dance and play and work every day some.
- Take a nap every afternoon. When you go out into the world, watch out for traffic, hold hands, and stick together.
- Be aware of wonder. Remember the little seed in the Styrofoam cup: The roots go down and the plant goes up and nobody really knows how or why, but we are all like that.
- Goldfish and hamsters and white mice and even the little seed in the Styrofoam cup—they all die. So do we. And then remember the Dick-and-Jane books and the first word you learned—the biggest word of all—LOOK.
“Nothing you do for a child is ever wasted.”

~GARRISON KEILLOR, Leaving Home