



5

Ways to Incorporate Learning Into Everyday

1

INVOLVE YOUR CHILD IN EVERYDAY TASKS

Let your child dress themselves. Have a family cleaning party and your child a specific job. Sort laundry and match socks. Make a grocery list together.

2

TAKE ADVANTAGE OF DRIVING TIME

Listen to audio books and practice skills like phone number, address, birthday, and mental math. Look for environmental print, rhyme, name a tune or sing, use coloring books, lacing cards, and sticker books.

3

MAKE TIME FOR LITERACY

Read your child's favorite book over and over. Ask questions before, during, and after reading. Set up a writing center and mini library. Establish a regular reading time. Visit the local library, and sign up for children's programming.

4

PLAY GAMES WHILE YOU WAIT

Play games such as I Spy, follow the leader, Simon Says, Freeze Dance, Categories, Photo Challenge, 20 Questions, Rock Paper Scissors, Charades, Alphabet Hunt, and Brain Quest.

5

PUT IT ON THE WALL

Put posters, artwork, number line, calendar, and incentive charts on the wall for display.

ADDITIONAL RESOURCES

Focus on the Family
focusonthefamily.com

Milestone Track App + Digital Online Checklist
cdc.gov/ncbddd/actearly/milestones-app.html

The Journey with Ron Moore
Episode 23 "Molding Young Hearts" with Dr. Cheryl Mack