

Learn Every Day®: The Program for Infants, Toddlers, and Twos

Distance Learning Guidance: Parent/Guardian Information

During these challenging times, you are now caring for your young child all day, every day, without the usual support of your child care providers. You are likely juggling your work and many stresses, in addition to your expanded parenting responsibilities. We offer some simple guidance that may help you build a new daily routine, accomplish some quick but powerful learning activities each week, and create joyful interactions between you and your child.

In the child care setting, your child was being taught with an exciting curriculum called *Learn Every Day: The Program for Infants, Toddlers, and Twos*. We want to help you continue your child's learning, building on key concepts and skills already introduced. If you have a smart phone, tablet, or computer and Wi-Fi access, your child's teacher will send you suggested activities and resources periodically to help your child continue the learning they were focused on while at child care. If needed, your child's teacher may provide printed copies of these materials.

The most important teaching you can do at home with your child right now is to make him feel safe, loved, and respected. Having conversations about anything and everything builds rich vocabulary and helps your child make important connections to new concepts. Pay close attention as your baby, toddler, or two-year-old communicates with you, through eye contact, cooing, babbling, words, or short sentences. Be sure to respond right back in these moments, continuing the interaction as long as your child is interested. Daily routines such as feeding, bathing, and changing diapers are great opportunities for these important interactions.

Try to read each day with your child, using books as a springboard for her imagination and learning. Even babies enjoy and learn from brief interactions with simple books. Provide opportunities to experiment with textures, sounds, colors, and patterns through household objects (pots, pans, child-safe cups, plates, containers) and age-appropriate toys. Provide opportunities for free movement several times each day: supervised tummy time, sitting, and crawling for infants; walking, running, climbing, and jumping for toddlers. Take walks, listening carefully to all the sounds of nature, discovering together the beauty and wonder of our world. Try to create a healthy balance between screen time and direct interaction with you for short, simple, and FUN activities throughout the day.

Don't pressure yourself to recreate "school" for your baby or toddler at home. Instead, try to enhance your home activities just a little, with the resources provided, to boost the learning and fun, while keeping your stress manageable. Most of all, pause at least once each day, give yourself and your child a hug, and express your love and gratitude. These brief moments of grace and joy will make the tough times a little easier and create great memories for a lifetime.