

A decorative banner with a series of pennants in red with white polka dots, green, and blue with white diagonal stripes, strung across the top of the page. The background is a light blue watercolor wash.

HOME ROUTINES

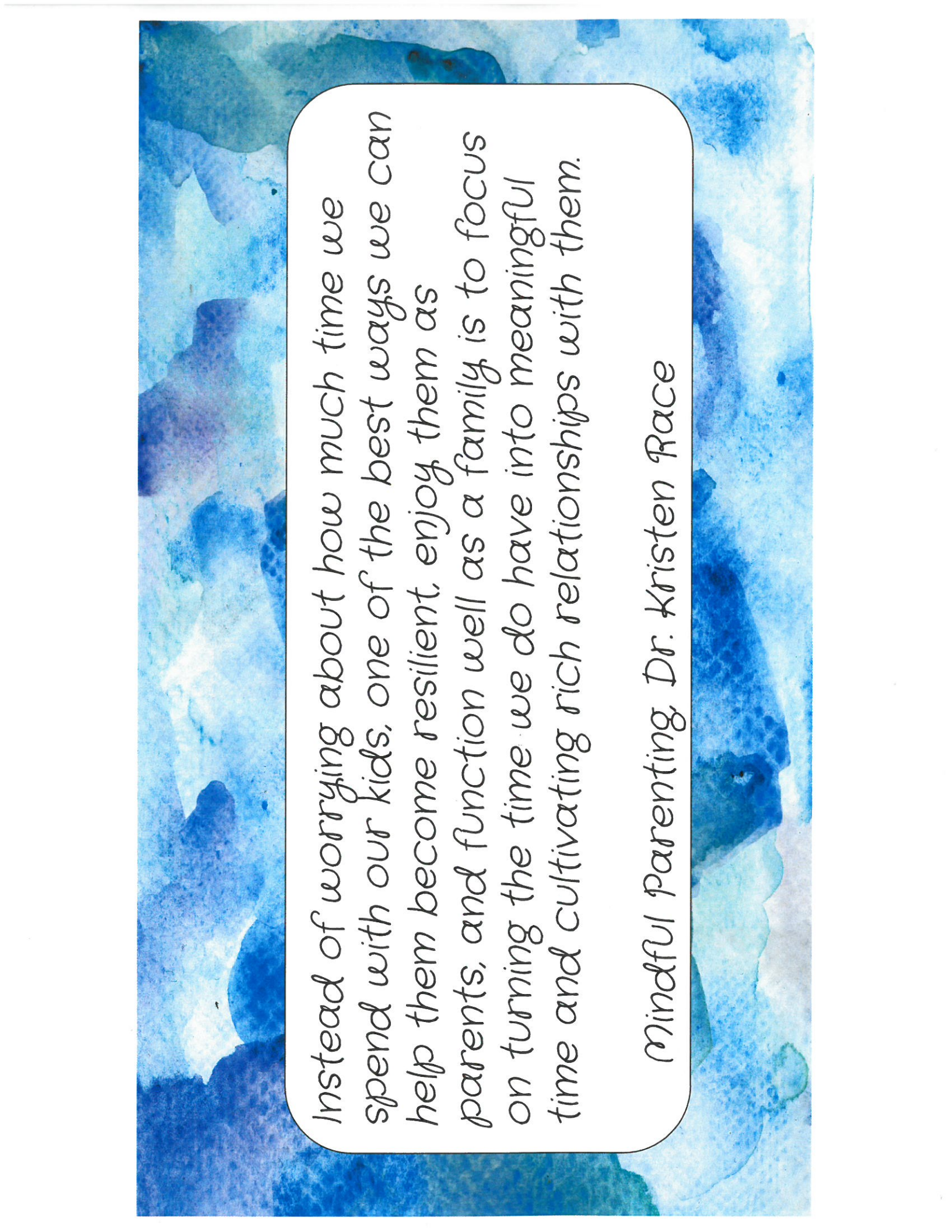
Curriculum Night 2018-2019

Jamie Davis, Jen Eckert, Kelly Gruen, Moira Minnich,
Amanda Pride, Kathy Rogers, and Megan Valentino

Learning Targets

- I can identify 2 strategies that I am already doing with my child.
- I can identify 2 areas I would like to improve upon in my home.
- I can be a Sensory Detective for my child.
- I can create at least one tool to support my child at home.



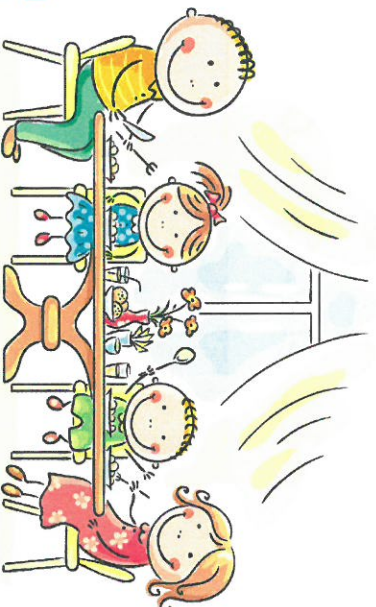
The background of the entire page is a soft, abstract watercolor wash in various shades of blue, ranging from light sky blue to deep, dark navy blue. The texture is painterly and organic, with soft edges and blended colors.

Instead of worrying about how much time we spend with our kids, one of the best ways we can help them become resilient, enjoy them as parents, and function well as a family is to focus on turning the time we do have into meaningful time and cultivating rich relationships with them.

Mindful Parenting, Dr. Kristen Race

Meal Time

- Develop self-esteem and confidence by discussing each person's day at the dinner table.
- Research has shown that families who eat together have better bonds including communication with their parents, achievement in school, believe their parents are proud of them, have a better diet and feel better about themselves.
- Dinner time conversations boost vocabulary.
- Develop social skills including manners and taking turns.
- Develop patience and dexterity through the use of utensils.



before...MEALTIME

WHAT?

HOW?

I can create a safe environment for my child at mealtime.

BE SENSORY AWARE!

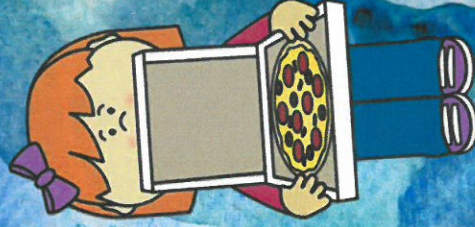
- Temperature
- Lighting
- Volume
- Seating

I can transition my child to mealtime.

- Transition object (e.g., plastic spoon)
- Picture
- Timer

I can define the space for my child at mealtime.

- ☐ Painters tape or child-created placemat
- ☐ Pillow or wobble seat
- ☐ Foot stool
- ☐ Tennis balls



during...MEALTIME

WHAT?

I can support my child to stay in space at mealtime .

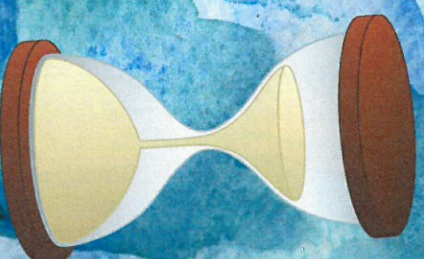
HOW?

- First, then (i.e., "First, eat then, play.)
- Timer
- "Meal map" (i.e., plate w/dividers)

I can support my child in trying a new food at mealtime.

Introduce a new food through play or try the following sequence:

- Smell
- Next to plate
- Touch
- Kiss
- Lick
- "No, thank you" bite

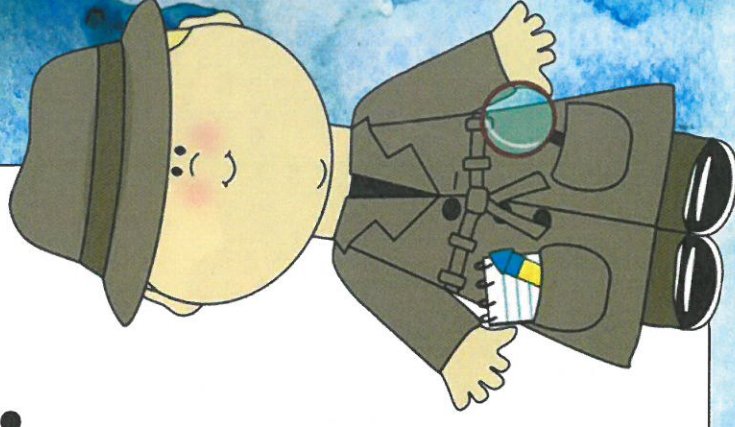
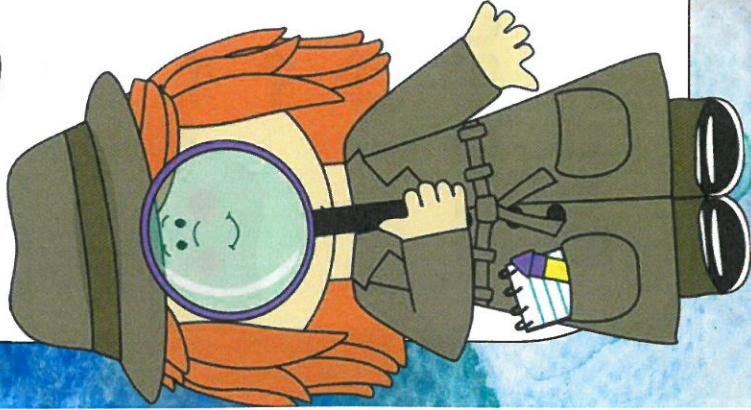


Meal time

Sensory Detective!

- Look
- Listen
- Feel
- Smell
- Taste

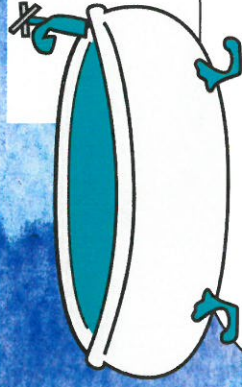
Proprioceptive & Vestibular





Bath time is a full sensory experience for the child: from the feel of the soap, wash cloth, and caregiver's hands, to the buoyancy of the water for vestibular input, to the sounds of water splashing and bathroom echoes.

Josephine Calina, OT: Pediatric Therapy Network.



Bath Time



- Introduces habits that can be transferred into everyday life (e.g., maintains hygiene, teaches independence).
- Engage in imaginative role play.
- Bath time is also a time for touch, which is critical for cognitive and emotional development.
- Encourages engagement of other senses, from watching bubbles burst to listening to water splash to smelling soap.



before...BATHTIME

WHAT?

I can create a sensory-friendly environment for my child at bathtime.

HOW?

BE SENSORY AWARE!

- Temperature
- Lighting
- Sounds
- Scents

I can transition my child to bathtime.

- Heavy work
- Transition object (e.g., wash cloth, toy)
- Picture
- Timer

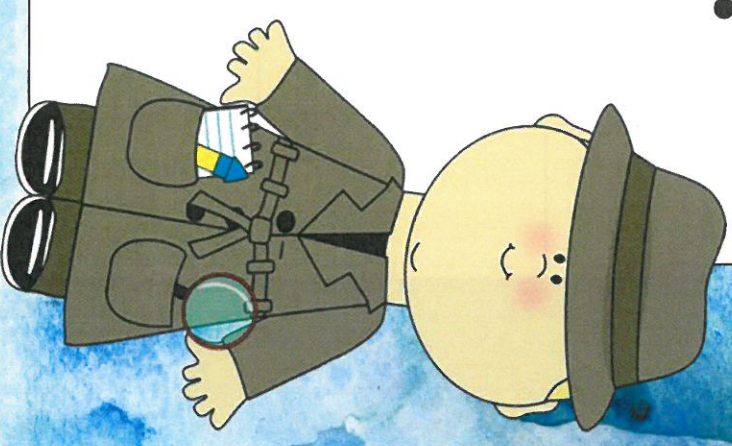
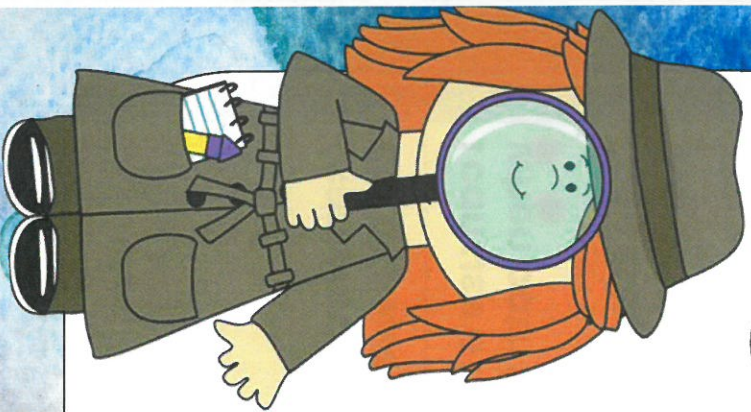
during...BATHTIME

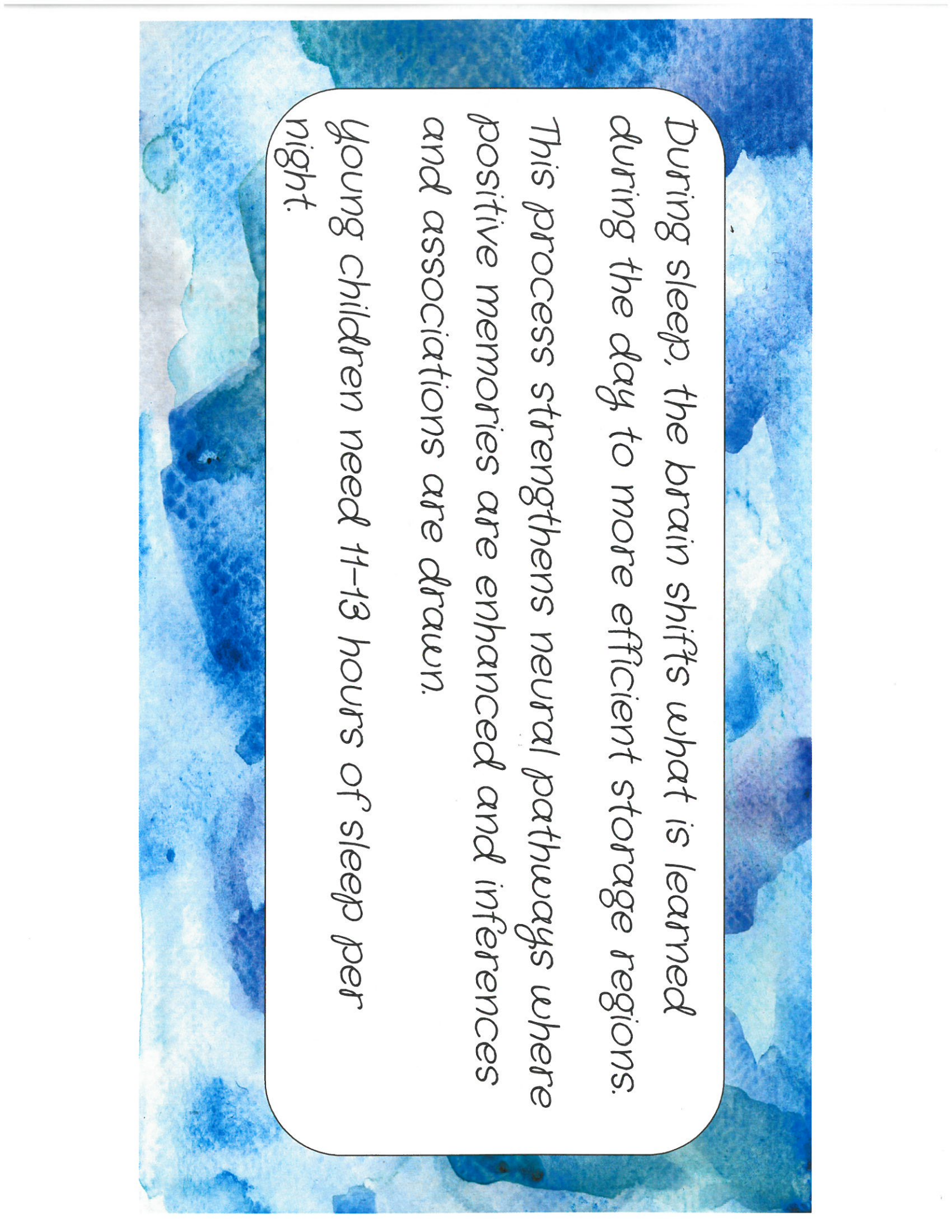
WHAT?	HOW?
I can create a picture schedule for my child to use during bathtime.	Sequence of picture icons (e.g., wash, rinse, dry)
I can use a timer to help my child know when bath time will be over.	• Post in a visible location. • Start small (# of minutes)!
I can support my child's overall level of comfort and tolerance for the activity.	• Establish prior knowledge of preferred interests. • Help to feel secure during hair washing. • Think about moving bath time. • Consider a shower or being in the tub with your child!

Bath time

Sensory Detective!

- Look
- Listen
- Feel
- Smell
- Taste

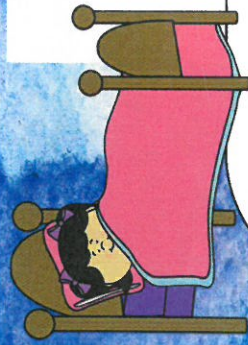


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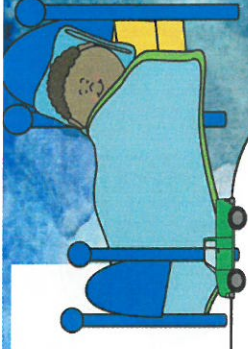
During sleep, the brain shifts what is learned during the day to more efficient storage regions.

This process strengthens neural pathways where positive memories are enhanced and inferences and associations are drawn.

Young children need 11-13 hours of sleep per night.



Bed Time



R- Routine: A consistent and predictable bedtime routine leads to better sleep as it trains the brain to prepare for sleep. Limit screen time after dinner as it can elicit a stress response in the brain.

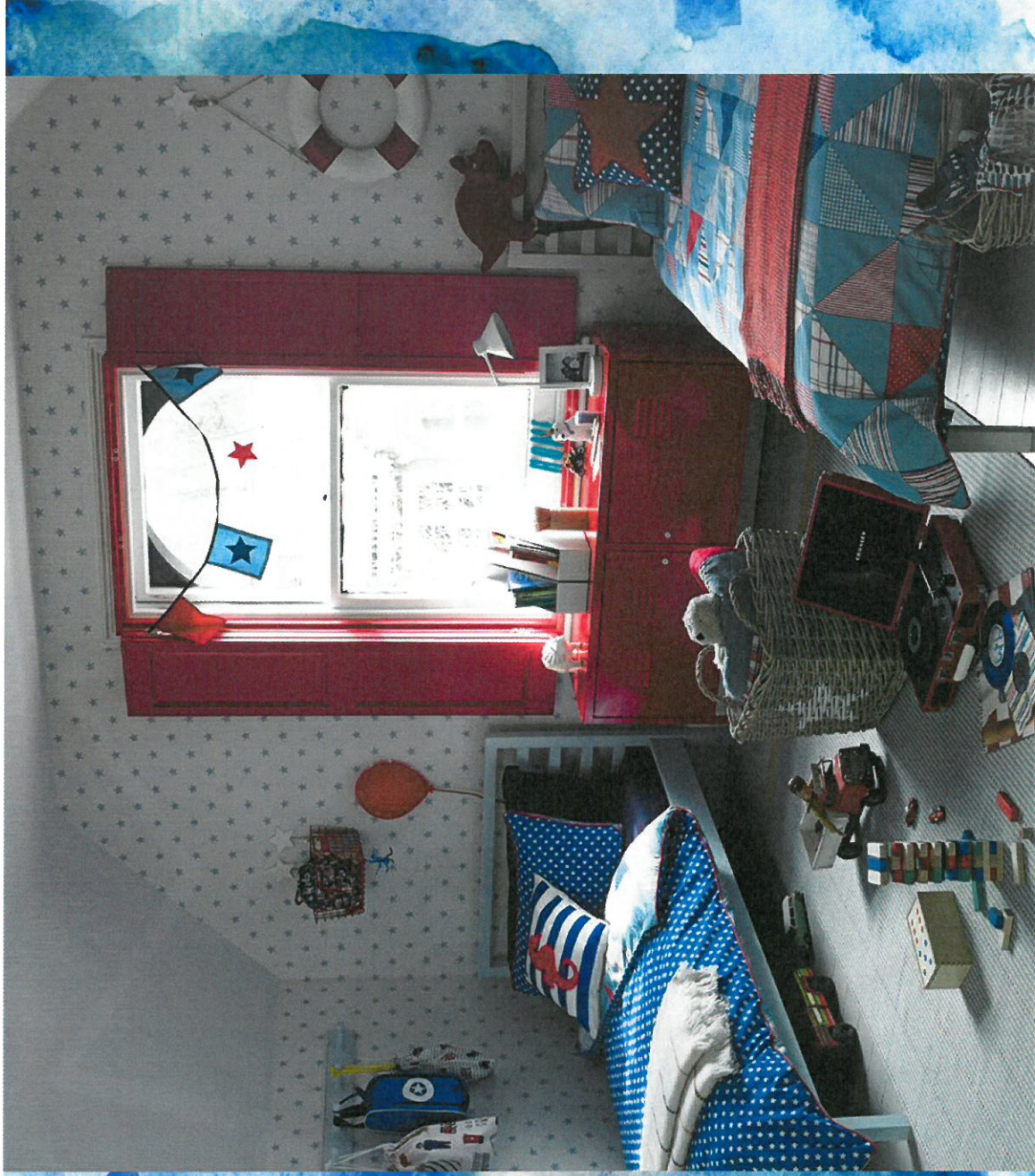
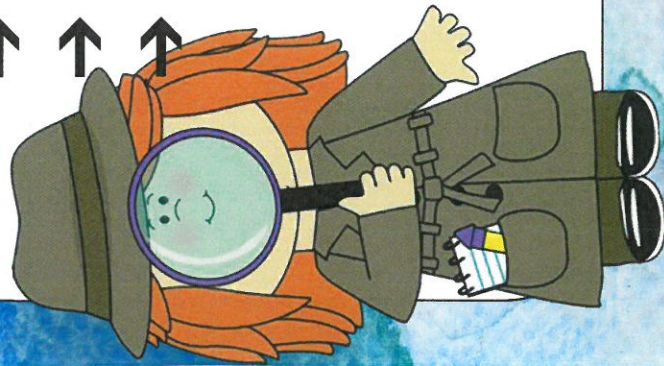
E- Empowerment: When children realize they are independent beings, they develop a need for control. With your guidance, have them help you create the routine.

S- Snuggles: Research in the field of resiliency points to the child's relationships with a caring adult figure as the most critical protective factor a child can have against the challenges they will inevitably face. Use this time as quality one on one time with your child to read, sing, tell stories or cuddle.

T- Teaching Children to Relax: Research has shown that learning effective relaxation skills not only calms the stress response in the brain to help sleep but also increases stimulation in areas of the brain related to attention, memory and learning.

Be a Sensory Detective!

- Look
- Listen
- Feel
- Smell



Resources

Mindful Parenting, Dr. Kristen Race
Healthy Sleep Habits, Happy Child,
Dr. Marc Weissbluth
Opening Minds, Peter Johnston