

## World at Home: Scheduling Tips

Welcome to the *World at Home*! We're bringing our science-informed, play-based, integrated curriculum into your home, offering support and resources to engage you and your children as you learn through play!

Here are a few suggestions to create a daily schedule:

**Make a Plan (a flexible one):** If you have commitments throughout the day, arrange your child's schedule to match your commitments. In our classrooms, we use picture schedules to help children successfully transition through the day. We suggest you make one for your home, for yourself, and your child(ren).

**Give Yourself a Break:** Managing work, life, and school at the same time is no easy task. Take the pressure off. A day full of anxiety, power struggles, and boring activities does more damage than good. It's ok to take breaks together, play a daily game, tell jokes, or have a secret signal as you see each other during the day.

**Double-Up:** For example, starting your day with coffee in the kitchen? Work on self-serve lunch prep while you're there. Fitting in some at home yoga? Invite the kids to join in for movement activity.

**Prepare:** Whether it's the night before or the morning, review the day's activities and prepare. Maybe you assemble activity materials into a basket or bin, perhaps you print out a few instructions. Do whatever it takes to feel one step ahead.

**Have a Back-Up Plan:** Create a bag, kit, or shelf (or all three) of special materials that can be used with your permission. This alone makes them exciting. Fill with creative, open-ended materials that can lead to creative play. From sticky notes and makers, to yarn, tape, and fabric remnants – anything goes.

**Add Learning to Everything:** There is no separation between play/life and learning. Find opportunities to support meaningful learning. For example, use math vocabulary like more, less, under, and over. Ask thinking questions, such as "What do you think would happen if...?" "What ideas do you have?" Avoid too much time on rote activities like flashcards – those are more about memorizing than learning at this age.

Bright Horizons.

**World** at Home