

Teach These Children

Fivefold enrichment



Be the Hero- Take the Challenge

How many times has your little one asked you to play and you responded by sharing a long list of chores and reasons why you just can't? Let's be honest, we probably waste more time than we give our children of our undivided attention on day to day basis. Whether it's attention, comfort, or something else, our little ones use the word play for many things. Play fulfills a great deal of needs and helps children develop key cognitive and behavioral skills.

Intentionally reordering your schedule to include time for fun, rest and one on one time with your child shows them what you value and how to balance time. Your challenge for today is to initiate the call to action first. Ask your child if they will spend some time playing with you. Consciously put your phone away so you won't be interrupted and just enjoy being present.

TIPS

It is likely your child will ask, whine, cry or complain for more time when 30 minutes is up. Be honest about the other things you need to attend to. This is a great opportunity to discuss time management and the importance of building in fun and down time. Don't be afraid to admit to your child if this is a new concept that you're working on- your child will respect your desire to grow too!

TUESDAY

Child's belief about self...

I am balanced

Family supports development of...

Toolset

Focus area: Play and Creativity

GOAL

Model the importance of prioritization so your child begins to develop an a sense of value in activities to balance the stressors of everyday life.

LEVEL

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