



Parents of Toddlers and Preschoolers: Informal Learning Activities

Informal learning throughout the day at home is one of the most important opportunities parents have to influence their child's motivation to learn and learn skills. Self regulation and social communication are the core skills for young children to develop prior to learning in a prek or kindergarten classroom.

Make learning fun and informal throughout the day:

- Ask questions, extend conversations
- Read books together – talk about the pictures, anticipate the next page (what happens next?)
- Sensory play and exploration – create an independent play space, a “yes” space in your home
- See our webinar – Working from Home: How Can I Help My Child Play More on His Own?
- Pretend play – join in, ask your child for a role, use puppets, dolls, stuffed animals to recreate a fun event or talk about recent challenging moments
- Self-regulation activities
- Freeze dance, Simon Says, sorting things using one rule then changes to another rule (all the blue blocks in the bin; now all the red ones!), create a small “problem of the day” for children to solve themselves or with siblings
- Limit screen time – create routines about how often and for how long
- Encourage planning/making choices – make a ‘choice sheet’ with possible free time activities illustrated, loading up ‘badges’ for non-screen time activities. Once any one activity is all used up, another choice must be selected. Your child will learn to budget preferred activities, even screen time, and anticipate that s/he controls that some activities are not always available

