



# SPENDING QUALITY TIME WITH YOUR CHILDREN

## Tips to encourage school readiness:

**1. Develop Language skills.** Be present with your child while getting things done. Use self-talk as you do your normal routine. This is a great way to increase the words your child hears and help them learn new words which is a key part of school readiness.

*"Mommy is putting all the cold things in the refrigerator so they stay cold."*

*"Daddy is putting the toothpaste on his brush so it will make my teeth nice and clean while I brush them."*

*"It's late and I am tired so I'm going to read you a book and tuck you into bed so we can both rest and let our muscles get stronger while we sleep."*

While driving or waiting in the Dr's office or in line at the DMV you can play word games such as:

*"I know an animal.... That has a long neck, is yellow and brown etc. That is really small and has a long tail... that has great big teeth and lives in the water... Let your child guess and then give you clues to the next one."*

**2. Work on early math and language skills** while doing tasks like sorting laundry and folding simple items such as socks, towels, dish towels. It also builds a sense of belonging and being part of the family, contributing to the household.

Have your child sort the socks into pairs. Talk about what colors, sizes and how they know they match.

Ask questions to develop thinking skills.

*"Why do you think they match?" or  
"What will you look for first?"*

**3. Introduce science skills** by including your child when making dinner or breakfast. Plus, children who participate in making food are more likely to try new foods.

Let your child measure and pour ingredients

Talk about what you are making. Ask them to describe what things taste like, what colors are in the meal, are things soft, crunchy, sweet, sour, etc.

Measuring and pouring, watching things get thicker, boil, bake etc is the beginning of the experimental process.

**4. Teach them about responsibility** and reinforce matching, math and science skills.

At the grocery store:

Allow your child to help find items.

*"Can you put the milk with the blue cap in the cart, let's find the chicken, which kind of apple should we try today?"*

Talk about what you are choosing and identify what you are shopping for.

*"I like Jiffy peanut butter, or lets find the Cheerios, they are in the yellow box ..."*

- If you have a list, let your child cross off the items you put in the cart, help them find them on the list.

At home:

Cleaning up their spaces at home, help them by having places where things belong: bins or baskets for toys, shelves or table space for books, allow enough time to clean up and use strategies and make it fun:

*"How fast can you get all those toys into the basket..."*

*"Can you put your toys away like a robot?"*

**5. And never forget: Reading a book** a day with your children is the best way to help them be ready for school.

### ALISON KEOUGH

Vice President and Director  
Early Childhood Education for Catholic Charities

1. Desarrollar habilidades lingüísticas. Esté presente con sus hijos mientras hace las cosas. Usa la auto-conversación como lo haces en su rutina normal. Esta es una excelente manera de aumentar las palabras que escucha sus hijos y ayudarlos a aprender nuevas palabras, lo cual es una parte clave de la preparación escolar.

*"Mamá está poniendo todas las cosas frías en el refrigerador para que se mantengan frías."*

*"Papá está poniendo la pasta de dientes en su cepillo para que mis dientes queden bien y limpios mientras los cepillo."*

*"Es tarde y estoy cansada, así que te leeré un libro y te meteré en la cama para que podamos descansar y dejar que nuestros músculos se fortalezcan mientras dormimos."*

Mientras conduce o espera en el consultorio del médico o en línea en el DMV, puede jugar juegos de palabras como:

*"Sé de un animal... Que tiene un cuello largo, es amarillo y marrón, etc. Que es muy pequeño y tiene una cola larga... que tiene dientes muy grandes y vive en el agua... Deje que su hijo adivine y luego le dé pistas sobre el siguiente".*

2. Trabaje en las habilidades matemáticas y de lenguaje tempranas mientras realiza tareas como ordenar la ropa y doblar artículos simples como calcetines, toallas, toallas de cocina. También construye un sentido de pertenencia y de ser parte de la familia, contribuyendo a la familia.

Haga que su hijo ordene los calcetines en pares. Hable acerca de qué colores, tamaños y cómo saben que coinciden.

Haga preguntas para desarrollar habilidades de pensamiento.

*"¿Por qué crees que coinciden?" O  
"¿Qué buscarás primero?"*

3. Introduzca las habilidades científicas en incluir a su hijo cuando prepare la cena o el desayuno. Además, los niños que participan en la elaboración de alimentos tienen más probabilidades de probar nuevos alimentos.