



Supporting Young Children Development During Times of COVID19

Young children learn by doing, through observation, play, and experience! During the first years of life your child develops more and faster than at any other time in his/her entire life. During times of COVID19, confinement, and school closure you can promote your child's holistic development and build foundation for future learning. *Here are few tips:*

1 Use play to get young children engaged

Use things in the home to build their experiences for touch, taste, and smell!

2 Build their motor skills

Allow time for activities such as exercising, jumping, stretching, painting, coloring, collaging, shaping playdough...

3 Increase social maturity

Encourage asking questions, making eye contact, taking turns, and always praise appropriate manners and body language...

4 Increase emotional maturity

Teach them feeling words, encourage communicating their feelings, showing affection, expressing themselves with a mood meter...

5 Build their literacy skills

Engage in reading, storytelling, singing, reciting, rhyming, game playing...

6 Build empathy skills

Through caring for pets, plants in the house, looking after family members and grandparents...

7 Promote healthy habits

Through balanced diet/meals, sleeping schedule, washing hands, practicing preventing measures and physical distancing...

FUN THINGS

TO DO AT HOME

Looking at family photos, skype with friends, calling family members, role play, cooking, baking, sewing, doing house chores (preparing the table – cleaning the house).