

Sunday, April 12, 2020

“The need for imagination, a sense of truth, and a feeling of responsibility— these three forces are the very nerve of education.”
-Rudolf Steiner



Developmental Milestones

Along with this pdf are links to two sources about developmental milestones. There are many to look at with in development of physical (willing), cognitive (thinking), and social emotional (feeling). Some children excel in certain areas and struggle with others. It can be easy to focus on what we feel our children are struggling with we don't acknowledge where they are thriving. Hope these resources are helpful!

(Super Aspen on a two wheel bike!)



Following are some of the things you, as a parent, can do to help your preschooler during this time:

- Continue to read to your child. Nurture their love for books and diverse stories
- Let your child help with simple chores.
- Help your child develop good language skills by speaking to in complete sentences, make the language imaginative and full of pictures, captivate their interest toward the world of words
- Give your child a limited number of simple choices (for example, deciding what to wear, when to play, and what to eat for snack).
- Limit screen time for your child to no more than 1 to 2 hours per day of quality programming, at home, school, or child care.
- Encourage your child to help you with cooking – preschoolers can learn a lot from measuring, counting and naming for family meals.
- Provide your child with ample opportunities to play, but let your preschooler choose what to play. This makes moving and being active fun
- Play games that combine moving and singing
- try ‘spotto’ games – for example, ‘Who can see something green?’



Johanna getting a rich sensory experience!