

6 SMART THINGS Active Parents Can Do to Help Their Child Get Ready for School

#1 Encourage play.

- Play with your children.
- Make safe places for them to play alone...
- ...and with other children.
- Follow their lead.
- Play fun; play smart.

#2 Encourage learning.

It's not just *school* that's important.
Learning itself is important.

- Take trips to fun, educational places.
- Play "smart" games together.
- Teach and encourage "how-to" skills.
- Let them take the lead in a learning activity.
- Focus on what they can do, not who they are.
- Show interest in what they learn.
- Show that learning is important to you, too.

#3 Read and talk with your child.

- Get your child actively involved.
- Pick books that are right for your child's age and interest, and then...
- Let your child choose the book.
- Get cozy.
- Point to words as you read.
- Make reading fun!

#4 Limit screen time.

SCREEN TIME GUIDELINES

- UNDER 18 MONTHS:** No screen time other than video chatting
- 18 TO 24 MONTHS:** Do not let children use media by themselves. Watch or play with them. Choose high-quality media.
- 2 YEARS & OLDER:** Max 1 hr high-quality media per day. Watch with children as often as possible.
- Encourage healthy activities.
- Know what your kids are watching.

#5 Teach social skills.

EMOTIONAL INTELLIGENCE

- 1 Identify your own emotions and those of others.
- 2 Manage your own emotions and cheer up or calm down another person.
- 3 Use emotions in positive ways.

#6 Stimulate independence.

1. Do not do on a regular basis what your child can do for herself.
2. Help your child learn to do for herself what she is ready to do for herself.

The BEST Way to Teach Skills

Break the skill into baby steps.
Explain and show how to do it.
Stand by to help while the child tries.
Tell them what they're doing right.

Supplement this video with the *Active Parenting: First Five Years Parent's Guide* for in-depth explanation of Active Parenting skills and guided practice to help you put them into action.

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