

AT-HOME TIPS to make the most of everyday moments with your preschooler



Everyday routines with your preschooler can be more than “routine.” Whether it is mealtime, bedtime, or play time - turn everyday moments with your preschooler into valuable, brain-building moments.



MORNING

GET DRESSED

Tip



Clothing Count

Are you and your child both wearing clothes with buttons or pockets (or something else that’s the same)? Together with your child, count the buttons/pockets on his/her clothes and on yours. What are the numbers? Who has more—you or your child? Count again to make sure!

Brainy Background

Children learn what numbers mean through real-life experiences counting objects—not by memorizing number names. To find out which is more or less, help your child see actual quantities of things—like the number of fingers that represent the buttons or pocket. If you say the results out loud, it’s easier to remember.



AFTERNOON

ACTIVITY

Tip



Spice Rack Smells

While working in the kitchen, open up different spices. Smell the differences and even touch them with your child. You can describe these smells (using dramatic words) and talk back and forth with them about some of the foods that you eat with them.

Brainy Background

Your child learns from their senses—from looking, listening, touching, and smelling. Spice Rack Smells pulls together all of these ways of learning and turns fixing a meal into a memorable way for them to have fun and to learn.



EVENING

DINNER

Tip



Five Faves

Tonight at dinner, talk about favorites. “What is your favorite color (animal, food, place, book)?” You start and then let your child have a turn. Keep going back and forth until you each name five favorites!

Brainy Background

When you talk about favorites, you’re helping your child learn about a category of things—things they like. See if you can notice similarities in what they like (“you like adventures”). You’re helping them learn to make connections in their thinking.





MORNING

BREAKFAST

Tip



The Big Game

Play The Big Game with your child at breakfast this morning. Name something big. Then ask them, "Can you name something that's bigger?" Take turns and keep playing until you come up with the biggest, most gigantic, huge thing you can think of. Switch it up and name the smallest thing you can think of.

Brainy Background

Playing The Big Game helps your child see connections between the size of things and organize them according to size. These are thinking skills they'll need in school and work.



AFTERNOON

CHORES

Tip



Laundry Delivery

After folding the laundry, ask your child to help you with Laundry Delivery. "Where do the towels go? That's right, in the bathroom! What about your pajamas? Yes! In your room. Which drawer?" Switch and let them pick the items and ask you where they go.

Brainy Background

After folding the laundry, ask your child to help you with Laundry Delivery. "Where do the towels go? That's right, in the bathroom! What about your pajamas? Yes! In your room. Which drawer?" Switch and let them pick the items and ask you where they go.



EVENING

ACTIVITY

Tip



Build a Fort

Build a fort with your child out of pillows, blankets, and anything else you can think of. Talk with them about what you will build and make a plan. Ask them to help you figure out how to build it. Your fort can be a hideaway to pretend, dream, and imagine.

Brainy Background

When you ask your child to come up with an idea and figure out how to make it, they're learning to set goals and use critical thinking and reasoning skills. They're using her communication skills as they express themselves.



Visit WeAreBrainBuilders.org for more information on brain building tips to make the most of everyday moments with your preschooler.