

September

Independent Skill

“I CAN ...get ready for school!”

Have your child help with school preparations, such as picking out sharing, returning library books, and helping pack lunch.

Co-Operative Behaviors

“I CAN...follow directions!”

Help your child learn the difference between an adult directed activity and a child choice. Use phrases such as

“This is mom’s/dad’s choice”

“First, you ____, then you can ____”

And “Use your listening ears”

Motor Skills

“I CAN...stay active!”

The fall brings some undesirable weather for outdoor activities. In order to keep your child moving, be creative with your indoor space. Play hide-and-go seek, have dance parties, play Simon Says, etc. Make sure to utilize those nicer days to get outside and PLAY!

Mathematics & Science

“I CAN...tell you how we travel and count wheels on vehicles!”

Discuss with your child how people travel, what you do to get to school, and other ways people travel from place-to-place. Have your child count wheels on different vehicles you see on the road, and reflect on why they aren’t all the same.

Problem Solving

“I CAN...ask questions!”

Encourage your child to ask questions when they don’t understand. Take the opportunity to help them discover the answer, rather than telling them. Reflect on your answers as you come up with them.

Language and Literacy Development

“I CAN...read familiar road signs!”

While in the car, point out several different road signs. Have your child read you the ones they already know.

*Bonus: Have your child read familiar environmental print, such as store or restaurant signs as you come across them.

Social and Emotional Skills

“I CAN...introduce myself!”

Teach your child to introduce themselves to others using their first names. Build on this skill by adding age, middle and last names, and even their city.

*Bonus: Let them practice introducing siblings and parents.