

Home Suggestions

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AM Routine	 Be Safe	 Be Kind	 Take Care	 Make it Better	 Parenting Tips
	<ul style="list-style-type: none"> ◆ let adults know when you are up 	<ul style="list-style-type: none"> ◆ play quietly if others are sleeping ◆ say good morning 	<ul style="list-style-type: none"> ◆ put night clothes where they belong ◆ help get dressed 	<ul style="list-style-type: none"> ◆ lend a helping hand... 	<ul style="list-style-type: none"> ◆ <i>think ahead...are the clothes ready? Cereal out?</i> ◆ <i>Have you allowed enough time?</i> ◆ <i>Is your alarm clock set?</i>
Playtime	<ul style="list-style-type: none"> ◆ stay in play areas ◆ use toys safely ◆ dress for the weather ◆ listen to adults ◆ if you see something unsafe, tell an adult ◆ follow directions 	<ul style="list-style-type: none"> ◆ take turns ◆ use kind words ◆ invite others to play ◆ share toys 	<ul style="list-style-type: none"> ◆ keep things in the play area ◆ return things to their place ◆ be gentle with materials 	<ul style="list-style-type: none"> ◆ if you knock it over, help clean it up ◆ if you hurt another...help heal ◆ if you destroy...help rebuild ◆ lend a helping hand 	<ul style="list-style-type: none"> ◆ <i>is the area safe and supervised?</i> ◆ <i>Consider doing a game or activity with your child</i> ◆ <i>consider offering a variety of child choice materials and activities</i>
TV/Video	<ul style="list-style-type: none"> ◆ listen to adults about what shows are OK to watch ◆ tell adults how you feel about shows/games ◆ only watch TV when adults say you can 	<ul style="list-style-type: none"> ◆ keep volume softer than people's voices ◆ take turns with selections 	<ul style="list-style-type: none"> ◆ return things to their place 	<ul style="list-style-type: none"> ◆ if you are scared...talk to an adult ◆ if you are sad...tell an adult 	<ul style="list-style-type: none"> ◆ <i>have you picked this show/video or game with your child?</i> ◆ <i>have you watched the show/video or game with your child?</i> ◆ <i>Consider turning TV off during mealtimes</i> ◆ <i>how does your child react now...and later?</i>

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Shopping	<ul style="list-style-type: none"> ♦ listen to adults ♦ sit down in shopping carts ♦ walk ♦ stay with adult ♦ keep hands in shopping cart 	<ul style="list-style-type: none"> ♦ use inside voice ♦ use kind words 	<ul style="list-style-type: none"> ♦ be careful with store items ♦ put things back where they belong ♦ look with your eyes 	<ul style="list-style-type: none"> ♦ if you knock it over...pick it up ♦ if you break something...tell an adult 	<ul style="list-style-type: none"> ♦ <i>if possible, plan to go at child friendly times</i> ♦ <i>consider including child in shopping experience</i> ♦ <i>have you talked about the rules for shopping today?</i>
Car	<ul style="list-style-type: none"> ♦ stay buckled ♦ use a quiet voice ♦ keep hands, body, feet to ourselves ♦ listen to adults ♦ don't throw things ♦ keep door closed ♦ ask adult before opening window ♦ use items safely ♦ keep things in the car 	<ul style="list-style-type: none"> ♦ use kind words ♦ get in your seat ♦ share toys 	<ul style="list-style-type: none"> ♦ put things where they belong 	<ul style="list-style-type: none"> ♦ if you hurt...help heal ♦ if you unbuckle...tell an adult 	<ul style="list-style-type: none"> ♦ <i>think ahead - do you need toys, books, snacks, extra clothes?</i> ♦ <i>Talk to your child about where you are going</i>
Meal-time	<ul style="list-style-type: none"> ♦ wash hands ♦ sit on chair ♦ take small bites and chew ♦ all chair legs on floor 	<ul style="list-style-type: none"> ♦ use language to ask for things ♦ share food ♦ take turns talking ♦ take turns listening 	<ul style="list-style-type: none"> ♦ help clean up 	<ul style="list-style-type: none"> ♦ if you spill...clean it up ♦ if you knock it over... help pick it up ♦ if you offend...excuse yourself ♦ lend a helping hand 	<ul style="list-style-type: none"> ♦ <i>consider asking your child about the best things that happened today</i> ♦ <i>consider sharing your food as you share your day</i> ♦ <i>sit together and eat as a family</i>

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Bathtime/ Bathroom	<ul style="list-style-type: none"> ♦ walk ♦ feel the water before getting in ♦ make sure an adult knows you're getting in ♦ keep water in the tub ♦ listen to adults ♦ wipe/shake ♦ wash hands 	<ul style="list-style-type: none"> ♦ take turns ♦ respect privacy ♦ listen to what others want 	<ul style="list-style-type: none"> ♦ only water toys go into the tub ♦ put our dirty clothes where they belong ♦ put toilet paper in the toilet 	<ul style="list-style-type: none"> ♦ lend a helping hand... ♦ if you see a mess...tell an adult 	<ul style="list-style-type: none"> ♦ <i>have you checked the temp of the water?</i> ♦ <i>think ahead, are there towels, change of clothes, diapers and other bathing items</i> ♦ <i>will this time be uninterrupted so you can be with your child?</i> ♦ <i>Is the bathroom child proofed?</i> ♦ <i>Have you talked about your bathroom rules?</i>
Bedtime	<ul style="list-style-type: none"> ♦ beds are for quiet time and sleeping ♦ brush your teeth ♦ listen to adults 	<ul style="list-style-type: none"> ♦ use quiet voices ♦ say good night 	<ul style="list-style-type: none"> ♦ put things where they belong 	<ul style="list-style-type: none"> ♦ if you have a problem...tell an adult 	<ul style="list-style-type: none"> ♦ <i>have you considered looking at a book as part of your bedtime routine?</i> ♦ <i>is there a quiet time before bed?</i> ♦ <i>If your child is afraid of the dark consider a night light.</i>