

# Strategies for Parents

## Social Development

- If your child has the opportunity to play with a peer or sibling, help them use words to ask to play (“Can I play with your car?) or model how to share and take turns while playing with them.
- Consistently remind your child to clean up his/her toys before moving on to another activity. Having too many toys out at one time can be overwhelming when asked to clean up at the end.
- Provide a 2-3 step directions your child can complete within your house or outside playing. For example, ask your child to put the markers back in the box and put the paper away in their toy box in one sentence.
- Take time to play with your child to pretend play.
- When your child is playing, try to keep him/her engaged in a play for at least 5-10 minutes.
- Point out emotions in books, pictures or on people’s faces and discuss why that person is showing that emotion. Acknowledge your child’s feelings and talk to them about it.

## Fine Motor (Writing/Scissor Cutting)

- Place a book under your child’s arm while they are using scissors to keep them from tilting the scissors to the side. Remind them to keep their thumb on top.
- Place a marker cap or cotton ball in your child’s ring and pink finger to help use the appropriate fingers when using scissors.
- Break crayons in half so your child can only hold a small portion of the crayon to stimulate appropriate grip when writing.
- Tape paper to table to help stabilize while child is writing/drawing.
- Help your child trace or imitate pre-writing strokes (laminated sheets provided)

## Communication/Literacy

- Point out common signs when driving (i.e. –STOP sign, chain restaurant, store, etc.)
- Write down information when talking with your child. (i.e. –after they have drawn a picture, ask them to tell you about their drawing and write what they said on the paper)
- Ask your child open ended questions (What, Where, How, Why)
- Give your child choices (i.e. – Ask them to choose between 2 different snacks you have picked out, or between 2 activities you have for them to do)
- Sing common songs and finger plays.
- When using books, here are some different ways you can work on communication and literacy skills:
  - Point to words on the page when reading
  - Take a picture walk and talk about what your child sees and what they think the book is telling them through pictures.
  - Ask questions while reading (i.e. –what do you think is going to happen next, why do you think....., where is the ....., etc.)
  - Ask your child to recall parts of the story (i.e. -what happened first, next and last)
  - Create pictures or objects that represent parts of the book and allow your child to put them in the right order.
  - Have your child act out or draw the story.
  - Point out colors, shapes, numbers, letters, animals and people.