

Daily Learning Planner

*Ideas parents can use to help children
prepare for school*

Onalaska ISD



THE
PARENT
INSTITUTE®

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Daily Learning Planner: Ideas Parents Can Use to Help Children Prepare for School—Try a New Idea Every Day!

- 1. Give your child an example of something people do to stay safe, such as wearing a seatbelt. Can she think of other ways to be safe?
- 2. Talk with your child about the seasonal foods of autumn, such as apples and pears. Choose one to serve as a nutritious snack.
- 3. Help your child use ink to make fingerprints on paper. Explain that no two fingerprints are the same.
- 4. Paste a magazine picture on cardboard. Punch holes around the edges of the picture. Have your child thread a shoelace through the holes.
- 5. Show your child the difference between uppercase and lowercase letters.
- 6. Discuss all the things we do with our bodies: walk, eat, wave, smell, throw. What body parts do we use for each?
- 7. Help your child count each step as he climbs the stairs.
- 8. Have a “goodbye to summer” picnic today. Talk with your child about the great times you had together over the summer.
- 9. Play “school” with your child. Take turns being the teacher.
- 10. Talk about your family’s fall routine. Plan to eat at least one meal a day together.
- 11. Turn your child’s plate upside-down before serving food. Explain the meaning of upside-down. Then turn the plate over and serve.
- 12. September is Library Card Month. Get each family member a card.
- 13. Model good table manners for your child. Say, “Please pass the vegetables” and “Thank you very much.”
- 14. Put fall items, such as acorns, in a jar. Ask your child to guess how many there are. Then take them out and count them together.
- 15. Act out the lyrics to “Mary Had a Little Lamb.” One person is Mary and the other is the lamb. Then switch roles.
- 16. Show your child some photos of herself at different ages. See if she can tell in which photo she was youngest.
- 17. Print your child’s name on paper. Have him glue decorations around it.
- 18. Ask your child which people make up your family (mom, dad, sister, brother, etc.). Explain that there are many kinds of families.
- 19. Say a word and ask your child to think of words that rhyme with it.
- 20. Wrap masking tape sticky-side out around your child’s fingers. Let her use her “sticky hand” to pick up small, light objects.
- 21. Talk about the changes in nature that signal the changing seasons.
- 22. Use leaves to help your child practice following directions. Say, “Take some leaves off the pile and make a smaller pile with them.”
- 23. Look for the letter A with your child everywhere you go today.
- 24. Talk about feelings. Have your child give examples of actions or words that make him feel happy or sad.
- 25. Help your child make a playhouse by draping a sheet over a table.
- 26. Give your child four measuring spoons. Ask her to line them up from biggest to smallest, then nest them one inside another.
- 27. Do some exercises with your child.
- 28. Help your child look at a familiar thing in a new way. A shoebox can be a doll’s bed. A cereal box can be a house.
- 29. Talk about the differences between pets and other animals.
- 30. Cook your child’s favorite meal together.

Helping Children Learn
EARLY CHILDHOOD

Tips Families Can Use to Help Children Do Better in School