After your typical morning routines try to gather as a family to start the day. Read a story, sing a song, share what you want to accomplish today / any plans.

Try to get outside with your child for at least an hour a day. If you can’t, consider setting up indoor activities that build their large motor skills. For example, make a masking tape balance beam on the floor.

Let your child help prepare meals and snacks. Invite them to count napkins, set the table, etc. Even if your child doesn’t sleep, set aside time for quiet activities such as looking at books, doing a puzzle, drawing, etc.

At night, maintain as much consistency as possible. End each day with a routine that closely mirrors a typical day, e.g., an evening meal, a warm bath, a story, and a kiss goodnight.

Remember: always supervise young children.

For more ideas go to: https://teachingstrategies.com/classroom-connect