Resources for Learning at Home

Based on current research, the Nebraska Department of Education does not support or encourage the use of worksheets to support the learning of young children. When deciding how to compile and communicate resources for families, it is recommended that parent-friendly language is included that reinforces to parents the American Academy of Pediatrics recommendation that screen time for children age 2-5 is limited to no more than 1 hour per day.

Below you will find a list of resources you can consider providing to families during school closures.

1. Promote reading aloud daily. Include a list of reasons why reading aloud daily is important. That list could include:
   a. Builds early literacy skills
   b. Builds vocabulary which is directly tied to reading success
   c. Strengths parent-child relationship

2. Encourage unstructured play outdoors as weather and circumstance allow.

3. Use daily routines to support children’s language development, social-emotional health, and early literacy skills.

4. Maintain a consistent and predictable daily schedule to help your child’s sense of safety and security.

5. Provide families with Foundations for Learning to support their child’s learning throughout their regular day-to-day activities

6. Check out the following links of resources for parents which include activities that families can do at home.
   a. The Administration for Children and Families – Tips for early education and care providers including the topic areas of Narration, Book Sharing, and Asking Thinking Questions.

   b. Brain Building in Progress – information and activities for families to do with their children. There is a birth to age 3 section and a section for ages 3 to 5 (from WGBH and the National Science Foundation)
      http://resourcesforearlylearning.org/topic/1088/activities/
c. **ZERO to THREE** – Specifically the Early Learning tab on the right side of the page has links to short videos for parents and tip sheets that can be downloaded. Tip sheets provide ideas on how to help their child practice the concept. [https://www.zerotothree.org/resources/series/parent-favorites#early-learning](https://www.zerotothree.org/resources/series/parent-favorites#early-learning)

d. **PBS Kids** – includes web-based games for children 2-8 to play as well as a parents section to provide activities that correspond with their children’s favorite PBS characters [https://pbskids.org/](https://pbskids.org/)


f. **Sesame Street** – the official Sesame Street website featuring video clips, games, playlists, and resources that are developed specifically for young children [https://www.sesamestreet.org/](https://www.sesamestreet.org/)

g. **HealthyChildren.org** – this website from the American Academy of Pediatrics provides information for families with children of all ages. This specific page provides access to a Family Media Plan tool as well as a Media Time Calculator, available in English and Spanish. [https://www.healthychildren.org/English/media/Pages/default.aspx#home](https://www.healthychildren.org/English/media/Pages/default.aspx#home)