

# RESOURCES

## {for learning at home}

Families are feeling the pressure to recreate the magic that teachers perform daily in our public schools. It is important for families of young children to embrace the fact that learning happens all day for our little ones and is most meaningful during authentic everyday experiences.

Learning does not have to look fancy or be purchased or printed in order for it to be a quality learning experience for your child. Young children learn best from a caring and engaged adult who is dedicating their time to interacting positively with them. The Nebraska Department of Education Office of Early Childhood has compiled a list of ideas and resources to keep in mind when planning learning experiences for your child.

### ► Tips for families



#### **Read aloud daily**

Reading aloud daily is important because it:

- Builds early literacy skills
- Builds vocabulary which is directly tied to reading success
- Strengthens parent-child relationship



#### **Encourage unstructured play outdoors as weather and circumstance allow**



#### **Use daily routines to support children's language development, social-emotional health and early literacy skills**



#### **Maintain a consistent and predictable daily schedule to help your child's sense of safety and security**



## Visit these websites for resources & activities

### **Early Learning Foundations**

Support for children's learning throughout regular day-to-day activities.

### **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.

### **Brain Building in Progress**

Information and activities for families to do with their children from WGBH and the National Science Foundation. There are topics and activities for every age group.

### **ZERO to THREE**

A collection of resources designed to help you tune in to what makes your child tick, and to guide you in thinking about the best way to meet your child's individual needs.

### **PBS Kids**

Includes web-based games for children 2-8 to play as well as a parents section to provide activities that correspond with children's favorite PBS characters.

### **Early Childhood Learning & Knowledge Center/Head Start**

A handbook of activities and suggestions for parents to share with their children.

### **Sesame Street**

The official Sesame Street website featuring video clips, games, playlists, and resources that are developed specifically for young children.

### **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.

### **Nebraska Extension | The Learning Child**

Helpful resources for families experiencing social distancing.

### **MyTeachingStrategies**

MyTeachingStrategies has put together a free toolkit from ReadyRosie consisting of videos that show ways to support your child's learning and development at home.

education.ne.gov/oec

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