

Making the Most of Everyday Moments for Learning

Academic skills and social-emotional skills develop at the same time, and help each other grow, too!

Everyday family routines (mealtimes, bedtime, errands, chores) are full of chances to support both academic and social-emotional skills.

Here are six simple ways to make the most of the moments you already share.

Strong skills like **language, literacy, and problem-solving** help children **communicate** and **interact** with others.

Narrate & Expand

Describe what's happening, and build on what your child says. Talking through the steps you take, such as when you are shopping, can help expand your children's language.

Try: Noticing the changes in scenery during a drive and describing more about what your child sees.

Ask Open-Ended Questions

Invite your child's own ideas ("what do you think will happen?") instead of a simple yes-no answer. Questions that have more than one right answer give children practice sharing their thoughts and feelings.

Try: Asking questions while reading books about how your child would feel if they were a character in the story.

Explore Math & Science

Turn ordinary materials into hands-on thinking and problem solving. Seeing math and science in their homes makes learning more meaningful.

Try: Next time you are using a measuring cup, compare different measures: $\frac{1}{4}$ cup, $\frac{1}{2}$ cup, teaspoon, tablespoon.

Being able to **cooperate** and **recognize** emotions helps children **learn by working with others** and **succeed in school**.

Name Feelings

Put words to emotions — your child's and your own. Big feelings are okay: we can remain calm to name what we're feeling and solve problems together.

Try: Connecting emotion words like "sad", "angry", "excited" to what your child is experiencing.

Model Handling Frustration

Talk out loud through your own mistakes and challenges. Sharing your own emotions and how you manage struggles gives children a model for how to deal with their own.

Try: Pointing out when you've made a mistake, describing how you feel, and talking about how you fixed it.

Build Relationships & Routines

Shared time together builds trust, stability, and confidence. This makes it easier for children to make friends, work with teachers, and know they have family cheering them on.

Try: Choosing activities that you and your child both love doing together, and letting your child know that you are excited to spend time with them.

Small, everyday moments add up. Talk and explore together to grow your child's skills and confidence!