

Parent Tips for Natural Teaching for Preschoolers

1. STOPLIGHT - Make a guess about how many seconds it will take to turn green then practice counting to see how close you were.
2. CEREAL - What letters can you find on the box? If they don't know any yet - you point one out and see if they can find any others. Practice saying them out loud.
3. BOOK READING - This is one of the most important you can do. Keep a couple of extras in the car for those spare moments.
4. COLOR MATCH - I am wearing a green shirt. What else is green? You are wearing blue pants. What else is blue?
5. LAUNDRY - Match socks. Positional words. This shirt is IN the basket, this shirt is OUT of the basket.
6. STILLNESS - Sit on the steps and slowly teach them to be still. "Hold all your body still while I count." Start with 2 seconds and begin to build stamina. This will help them in so many ways with focus, self-regulation, etc. And it's good for parents too!
7. BODY PARTS - positive touch is a good healthy thing and helps them connect with you. Name their body parts as you let your fingers crawl up their leg, etc. Like
"toes.....foot.....ankle.....shin.....knee"
8. STOP & GO DANCE PARTY IN THE CAR - play fun music and practice freezing when you turn the volume down and then resuming the dance when you turn it back up
9. PATTERNS - do this anywhere and everywhere. Have them repeat and predict what comes next - "dog, cat, dog, cat, dog, cat....what comes next?" Use objects - spoon, fork, etc
10. I LOVE YOU BECAUSE VOLLEY - Take turns saying I love you because and adding reasons