## The Five Focuses

## for Early Childhood Development

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Have a feelings chart they can manipulate each day. Happy, sad, indifferent, angry, goofy, tired, awake, and calm are just a few ideas. You can print them from clipart or draw them yourself. Each morning have your child put the face next to their name to describe how they feel. Kids love to talk about themselves and have "feeling" discussion times with you. It builds a sense of trust.

**Physical** 

Go help someone today by donating one of your toys to them or bringing them something to eat Make an obstacle course in your backyard for running, jumping, crawling, kicking, or throwing. Use materials such as sticks or logs, outside toys, large rocks, balls, trees for bases, and ropes to outline the course. You can also use these things as course props for your child. Be creative and they will be too!

Social and Emotional

Life Lessons

"Sharing is Caring"

"Do unto others how you would want them to do unto you"

Cognitive

Connection questions to ask your child:

- What if (make up a scenario), then what would you do?
- 2. If you could do anything in the world what would it be and why?
- 3. What does it mean to make a good choice?

Character

The most powerful thing you can do with your child is read to them. Every night before bedtime read a story together. Ask what if, how, and why questions throughout the book to build comprehension skills. For smaller kids, use vocabulary to discuss pictures. "The more you read, the more you know, the more you grow!"

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