

Tips to Make Learning Part of Your Daily Routine¹

You do not need a Ph.D. in education to help the children in your life – your children, grandchildren, nieces, nephews and young friends - learn. Here are some quick, simple ways to incorporate learning into everyone's daily routine.

- ⇒ **Keep on top of what the children are learning in their early education program.** Be familiar with the topics covered in the classroom and the daily routine; learn the names of other children in the class and your child's favorite activities. **One of the best things you can do to impact learning is to talk with children.** You can have wonderful conversations that intensify their learning experience.

- ⇒ **Exploratory learning is powerful.** Show a sense of wonder about the things around you, and children will catch the curiosity bug. "Look at that beautiful rainbow. We need to find out what creates that band of colors." Use some of the following conversation starters to generate interest: "I wonder what would happen if..." "Tell me about..."

- ⇒ **Involve children in "teaching" you new information.** Explaining something to someone else is a great way to solidify your own understanding.

- ⇒ **One of the most important areas of learning is reading.** Have conversations about books as you read together. Discuss new words and what they might mean, and have the children explain the overall meaning behind what is read. Doing these things not only helps children at that time, but teaches strategies to apply independently.

- ⇒ **Expose children to learning areas through at-home "laboratories."** Science, technology and math are some of the fastest growing areas for future employment, yet few students pursue these areas because they have not had adequate exposure and preparation. Your home is a great "laboratory" for providing hands-on learning. Measuring ingredients to bake cookies, learning how to safely change a light bulb, or sorting trash to be recycled are just some learning experiences in a real-life context.

- ⇒ **Involve children in everyday tasks.** Children can help make the grocery list, checking the pantry to see if needed items are there. They can help cut and organize coupons, and shopping can be a scavenger hunt where the children have the task of finding specific items. The children can use a calculator to keep a running tab of the cost and help count out the cash to pay when you check out.

¹ This document is adapted from a publication by the National Center for Family Literacy. More information is available at www.ncfl.org.