

SIMPLE WAYS TO KEEP KIDS LEARNING AND ACTIVE AT HOME

Caregiving through
COVID-19



what are we doing?
why are we doing it?
observations?



GREAT LEARNING HAPPENS THROUGH ENGAGEMENT & INTERACTION

incorporate
language & learning
into your daily
routine by simply
narrating your
tasks/actions as
you do them.



HELPS KIDS BUILD RESPONSIBILITY,
INDEPENDENCE, VOCABULARY,
SENSORY PROCESSING AND MORE

??ask open-ended questions??



while preparing your daily meals have your kids engage in meal planning and complete age-appropriate tasks

setting the table measuring ingredients stirring/mixing
reading recipe peeling/chopping
do the dishes clear the table

**ask questions about color, taste, texture of the food.*

household chores for all



Kids Can Help!

wipe surfaces/dust
vacuum, mop
organize, pick up toys
fold/put away laundry

incorporate cooperative and independent cleaning
ie: cleaning bathroom together vs child picking up his or her room



get some fresh air

lifting, pushing, pulling, digging, and feeling the dirt and grass are all sensory learning experiences

**pick up sticks
mulch , weed, plant
sweep, rake, dig,
water plants**



**ENGAGE KIDS IN YOUR
HOUSEHOLD TASKS**





GET THEM MOVING

ACTIVE PLAY HELPS CHILDREN FOCUS

take a walk

make observations about nature
have a step/distance challenge,

unstructured play!!!!

have kids play sports, climb trees,
rollerblade, or simply run around

build an obstacle course

measure distance
agility strength speed
visual-spatial skills

include kids in your fitness routine

exercise videos, trampoline, running, biking, etc

COMMUNITY SERVICE

a safety-first approach to helping others

schedule regular facetime with grandma and grandpa

LESSEN FEAR AND TEACH EMPATHY IN CHILDREN BY INVOLVING THEM IN HELPING THOSE THAT ARE CONSIDERED HIGH-RISK

send a smile!

have your child make silly videos, artwork or letters and send them to those that are socially isolated



help children plan and do a no-contact door-drop

prepare & drop a meal

send a care package, flowers or takeout giftcard to someone that is sick or at risk

take mail and garbage cans up to the house for those that are less mobile

virtual check-ins with senior family, friends, and neighbors



READING

independently and/or together

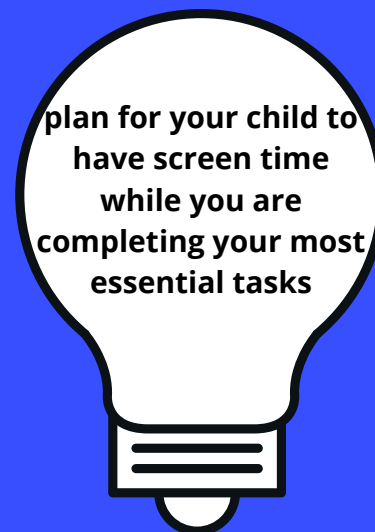
- **build a fort to read in**
- **audiobooks & podcasts**
 - "but why?" podcast
 - Harry Potter audiobook
- **book club**
 - household members and/or involve friends virtually
 - read book and watch the movie version. compare & contrast
 - discuss content, details & theme
- **family reading time**
 - everyone read their own material of choice
 - adults model a love or purpose for reading every day



The reality is that caregivers still have to get things done during this uncertain time.

independent activities for children

- reading
- journaling
- arts & crafts
- building with blocks or legos
- playing outside
- napping/quiet time
- elearning/school work
- Imaginative play



**MOST
IMPORTANTLY**

**STAY SAFE
BE FLEXIBLE
HAVE FUN
RELAX**

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<http://kanehealth.com/>

