



Resources for Parents as they instruct Their Children at Home

Articles for Parents:

- [Screen Guidelines for Children under the age of 5](#)
- [Keeping the Good News in Our Children's Stories](#)
- [How to Reach a Child's Heart for Christ](#)
- [Playing Teacher](#)

Suggested Home Schedule:

This *sample* schedule from a classroom schedule will help parents provide a daily home routine which benefits children in offering a sense of safety and security.

Schedule for Toddlers		Schedule for Preschoolers	
15 minutes	Bible time and prayer time	20 minutes	Bible time and prayer time
10 minutes	Music and movement	10 -15 minutes	Music and movement
30-40 minutes	Exploration and Play time	20 minutes	Storytime
30-40+ minutes	Outdoor Play	40 – 60+ minutes	Outdoor Play
20-30 minutes	Sensory Activity	30 minutes	Science
30 minutes	Play time	15-20 minutes	Cooking time
10-15 minutes	Story time	30 minutes	Technology time
	Lunch		Lunch
15 minutes	Storytime	20-30 minutes	Storytime
2 hours	Naptime	1-2 hours	Quiet time
15-20 minutes	Sensory Activity	30-40 minutes	Craft time
20-30 minutes	Indoor play	30-40 minutes	Indoor play
15-20 minutes	Music and Movement	15-20 minutes	Math Games
15-20 minutes	Hide and Seek	30 minutes	Technology time

Family time – bath time, read and play together and bedtime (young children should get 10 -14 hours of sleep each night depending on age)

Educational Links:

- [Teaching 2 & 3 year olds](#)
- [Busy Toddler](#)
- [Fun in First](#)
- [Preschool Education](#)
- [Kindergarten Smorgasbord](#)
- [Center Activities](#)
- [Khan Academy for Kids](#)

Bible Time:

- Read a Bible story and talk about the truths of God
- [Jesus Calms the Storm](#)
- [Jesus Storybook Bible](#)
- [Life Church Bible Stories and Activities](#)
- [The Stories of Easter](#)
- [Teaching Children the Importance of Kindness and Giving](#)

Music and Movement:

- Sing [nursery rhymes](#) together
- Music activities - [Make musical instruments](#)
- Sing worship music

together Sensory Activities:

- Play with shaving cream drawing and writing letters in it
- Playdough
- Sensory Bags – place items in a pillowcase and ask them to identify what it is without using their eyes, or blindfold the child and ask them to try different items to taste (lemon, pretzels, marshmallows, fresh fruit)
- Place rice or beans in large bowl and let children use various sized spoons, measuring cups, etc. to practice pouring and scooping
- Please water in a plastic container and see what floats (attend to children at all times when playing with water)

Storytime:

- Read at least 2-3 books per day
- [YouTube Read Aloud](#)- Read Aloud books for children - Pete the Cat, Corduroy, Rainbow Fish, etc.

- Take reading time outside, lay on a blanket or sit in the swing together
- [Make Learning Fun](#)
- Make puppets to act out the

story Technology Time:

- [ABC Activities](#)
- [Starfall Games](#)
- [Free Subscriptions](#)

Math Games:

- [Cool Math Games](#)
- [Happy Brown House](#)
- [Hidden Number Games](#)

Quiet time:

- Parents sit down and catch your breath and have children play by themselves for 1 hour
- Naptime for the

littles Science:

- [Science-Activities-Preschoolers](#)
- [Happy Hooligans](#)

Cooking Time:

- Plan something to make as a snack or cook together for dinner
- [Cooking with 2- and 3-year old's](#)
- [Kids and Cooking Activities](#)
- [Cooking with Preschoolers](#)
- [Cooking with Kids](#)

Art and Craft Time:

- Paint with watercolors (food coloring and water if you do not have any paint), color or draw together
- Scissors and cutting paper
- Supply recycle items, glue and let them create their own invention – they are “inventors”
- Build structures using marshmallows and toothpicks
- Make a birdfeeder out of cheerios and a piece of yarn and then watch as the birds begin to eat it
- [Gift of Curiosity](#) – make a gift for your neighbor and let them know you are thinking of them

Indoor Play:

- Play blocks (use various size boxes or books if you don't have blocks)
- Hide and seek in the house
- Hide the monkey or small toy and take turns finding it
- Play board games
- Play folder games
- [Make, Take & Teach: Hands-on Activities](#)

Outdoor Play:

- Large motor play – running, climbing, go to the park, ride bikes, go for a hike
- Go for a nature scavenger hunt, look for signs of spring
- Stop to watch and listen for birds and their songs, see who can find the bird that is singing first
- Feed the ducks or birds at a nearby lake
- Allow for plenty of outdoor free play

Spring 2020:

- Wonder at God's amazing creation – discover something new, see things from a child's perspective
- Have a snack or a picnic on a blanket in the backyard or at the park
- Weather challenges – play outside in your raincoat and under the

umbrella Other Resources:

[Early Learning Standards and Guidelines per State](#)

[Focus on the Family - Parenting](#)

Disclaimer: Although all of these resources have been reviewed recently, some of the links may not work when you try them. (If that happens try typing the name of the site into Google.) Websites must be checked frequently to make sure they are operational. Many websites are free, but not all. Some features are limited with the free version or during a trial period. You may not have access to all of the features or activities unless you subscribe.

We thank Mrs. Harriett Neal, Early Education Principal, for her input and contribution to this document.

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