

Parenting Education Take Home Tip: Is Your Child's Life Balanced Checklist



OSSEO AREA SCHOOLS
Community Ed

Early Childhood & Family Education

- ❖ Does your child spend time outdoors, running, climbing, jumping, and crawling through and under? If the weather is too rainy to do these things outside, how can you do them inside?
- ❖ Does your child have markers, crayons, child-sized scissors and blank paper available, along with small muscle manipulatives such as legos, puzzles, stringing beads or pasta, and play-doh?
- ❖ Do you read for at least thirty minutes to your child each day? Or have them read to you, or the dog, or a plant. Reading aloud is beneficial. Try to read from old-fashioned books and not just e-readers so children get to know how to turn pages and find the front and back of a book.
- ❖ Do you plan a time each day when you and your child can talk without being interrupted?
- ❖ Does your child do creative activities such as cooking, making up stories, or pretending every day?
- ❖ Does your child regularly spend time playing with other children and has special time with adult relatives and friends?
- ❖ Does your child go with you on trips to the library, a concert, swimming, roller skating, or the park on a regular basis?
- ❖ Does your child spend most of the day playing with toys?
- ❖ Does your child spend 2 hours or less, per day watching television, playing video, computer, ipad, or other mobile device games?
- ❖ Do you role model limiting your use of your phone, ipad, computer?

Source: Adapted from FIS by Gloria DeGaetano 1998 by Osseo ECFE 2017 RFW