

SPECIFIC LEARNING SUPPORT

STRUCTURE MAKES THINGS EASIER...

FAMILY PROGRAMM



Plan a joint activity every day: e.g. bake a cake, explore nature, build a marble run, read stories on the sofa.



Over dinner, tell each other about your day: What was good, what was bad?



Actively involve your child: e.g. cook, fold the washing, lay the table together

What made you happy today?
How did your child surprise you?



IN THE MORNING:
get up at a specified time and have breakfast together
Make a schedule
When will you do activities and when will you take a break?

BEFORE LUNCH:
· Free play
· Prepare lunch together

IN THE EVENING:
Fixed times for eating dinner together
Evening ritual: read a book, play games, go to bed at a specified time

IN THE AFTERNOON:
· Free play
· Outdoor play
· Arts & crafts
· Singing
· PE

LUNCHTIME:
Fixed times for eating lunch together
Lunch break:
Enjoy a break with your child



Ideas for your lunch break: look at a book, listen to an audio book, paint, relax



Cordoned off playgrounds, closed nurseries, queues outside the supermarket: take photos of what is currently happening.



There are countless PE programmes for pre-school children, as well as colouring and handicraft templates on the Internet – so your child can keep themselves amused.



ASK FOR HELP AND LOOK AFTER YOURSELF!

Be it neighbourhood initiatives or help from family - there are various ways of getting assistance. Do not beat yourself up if something does not work.

MORE LINKS AND TIPS ON FACEBOOK

<https://www.facebook.com/educationy>

AND ON INSTAGRAM:

https://www.instagram.com/education_y/

THE FAMILY PROGRAMME is aimed at parents of children transitioning from nursery to primary school. It regards the family as a central part of the education system.

In order to provide children with more educational opportunities, family improves parents'

teaching skills. It helps parents to become competent teaching assistants for their children.

More information at:
<https://education-y.de/handlungsfelder/familie/familienprogramm/>

OUR DAY

STRUCTURE MAKES THINGS EASIER...

OUR IDEAS FOR TODAY:

DATE _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Sunday

 **IN THE MORNING:** 

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and have breakfast together
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When will you do activities and
when will you take a break?



IN THE EVENING:
Fixed times
for eating
dinner together
Evening ritual:
read a book, play
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 **IN THE EVENING:** 

BEFORE LUNCH:
· Free play
· Prepare lunch together

 **BEFORE LUNCH:** 



IN THE AFTERNOON:
· Free play
· Outdoor play
· Arts & crafts
· Singing
· PE



 **IN THE AFTERNOON:** 

 **LUNCH-TIME:** 

LUNCHTIME:
Fixed times for eating
lunch together
Lunch break:
Enjoy a break with
your child

