

2.5 YEAR VISIT

1 SCHEDULE

Transitions - like leaving the house, going to bed or stopping a game – can be hard for children to manage. Prepare in advance by making a schedule like they use in school and talking about what comes next. Using timers or giving warnings like “5 minutes left” can also help.

2 SORT

Put anything and everything into groups or categories. For example, start with having your child name things that are yellow and then name things that move. Then try talking about how things can be in more than one category, like a school bus which is yellow AND moves!

3 ASK

Ask your child questions throughout the day. Make sure you give them time to answer. When they feel like you want to hear what they say, it builds your child’s confidence and success in school.

4 PAUSE

Use time-outs or pauses when your child hits, kicks or is physically aggressive. Time-outs should be only 30 seconds, in a quiet place that is not for sleeping, and are NOT about punishment. Think of pauses as a chance for you and your child to calm down, take a few deep breaths and come back to an activity.

5 PLAY

Playing games where your child practices moving and stopping can help prepare him for school. See below to learn why this is important and what you can do.

Freeze Dance

Vroom™ Tip: Play or sing a song and tell your child to dance when they hear the music. Ask them to stop moving when the music or singing stops. Try to have your child stand very still for at least a couple of seconds and then restart the music or singing. Play this this over and over to get your child to practice moving and stopping.

Brainy Background

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Your child uses self-control and focus when playing this game. These are important skills to develop now for school and learning later on. And, having fun together helps build your relationship with your toddler. For more tips like these, download the free app at www.Vroom.org!