

In an initiative to serve the community in trying times, we bring to you a weekly series on topics that are relevant to our current lives within our homes.

A PREPARED HOME ENVIRONMENT

Giving a thought to how we can prepare the childrens' surroundings will help children tremendously to carry out their own tasks without our help! They soon become a contributing member for the care of the family and home which is a huge boost to their physical and emotional well-being especially during these unprecedented times. At this juncture when the lines between home and school are becoming blurred, here are some ways to better prepare our homes to cater to the needs of the children.



- Children need an environment that has routine, order and structure and where everything has a place and purpose.
- Furniture and material children use should be child-sized, accessible on low shelves in every room facilitating their independence.
- Have an optimum number of things that your child can choose from without feeling overwhelmed and they can be rotated on a regular basis (books in a shelf, toys, clothes, art and craft supplies, etc)
- Once a choice is made, consistently and collaboratively encourage completion and winding up.
- Organise items in small baskets / trays which are easy for them to access and tidy up after use.
- Movement is vital for children - have a space where they can do both gross and fine motor activities without too many distractions allowing for concentration.
- As the adult you are an important element in the environment, children imitate us so model behaviour / speech / habits that you would like your child to pick up.
- Observe your children, adapt and change the environment when required based on their interests and independence (like putting away an activity the child hasn't gone to for a while, bringing it back later or changing the broom because the child finds it too heavy)

We would like to thank all the parents who contributed to the newsletter!

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