



Bringing it home



Be sure to schedule 'technology-free time'

Since brain development and skill building does not stop when children leave child care, you can keep the interest going at home by talking with your children about their day!

Extending child care experiences at home

A good way to strengthen brain connections for young children is to use knowledge about child care experiences to create and extend conversations at home. Children's social and emotional development is enhanced when adults expand on what children experience by asking questions, using a variety of words, and naming feelings and emotions.

Use these tips to connect child care experiences to home:

- Allow extra time for drop-off or pick-up to get information about what a child's day was like. This will help build and expand on the conversations.
- Teach communication skills by being a good listener and allow a child to practice back and forth interactions on the ride home.
- Encourage a child to think and give longer answers rather than questions that can be answered with a "yes" or "no,". For example, "Tomorrow you're playing outside, what do you think you will see?"
- Pay attention to what a child is saying, talking as you would to a friend.

