

E is for **EVERYDAY LEARNING OPPORTUNITIES**

Making the Most of Everyday Routines

Everyday routines at home, in early education and care programs, and in the community offer thousands of opportunities to support children's early learning and brain development. They also provide natural opportunities for children to learn important skills. Research shows there are strategies adults can use to provide meaningful learning opportunities to children during their everyday routines.

HERE ARE FIVE STRATEGIES TO MAKE THE MOST OUT OF EVERYDAY ROUTINES.

1

Think about everyday routines the child does most days, from waking up until going to bed at the end of the day.

These routines provide many opportunities for children to practice new skills.

2

Consider what learning opportunities are available in each routine.

Each interaction the child has with others and with things during a routine is a learning opportunity. Think about how many times routines happen each day or week and the learning opportunities that are happening within them. It is probably a lot more than you think!

3

Learn about developmental milestones.

Knowing about developmental milestones and when you see or hear a child do them will help you know which skills the child has learned. It will also help you know what the next skill might be to learn.

4

Consider which routines provide opportunities for children to practice skills that are the "next step."

To identify "next step" skills, think about what the child already knows and can do. Then think about what the child needs to know or be able to do to take part in a routine.

5

Create learning opportunities within routines.

You can create planned opportunities for children to practice and learn skills within everyday routines. These are called embedded learning opportunities. When a child does something you are supporting him or her to learn, be sure to provide a positive response by describing what the child did, giving positive attention or affection, or giving the child access to something he or she enjoys or wants.

What We Are Doing

The Anita Zucker Center and our collaborators are helping families and practitioners learn how to use strategies that will support children's learning in everyday routines.

Remember, the **3R's of Early Learning: Relationships, Repetition, Routines** are the foundation for supporting brain development and early learning.

Visit our website to access more information or resources and learn more about what we are doing.

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