



HOW TO USE THE BASICS PRINCIPLES AT HOME WITH YOUR GLOW STICK

MAXIMIZE LOVE MANAGE STRESS



Fact: Phones, televisions, and computers are great ways to connect with others. But, they can pull us away from giving our children attention that helps their brains develop.

Try this: All of the activities provided today promote you being present with your child and giving your child your full attention to build your bond and relationship. Use this time to give your child all of your focus.

TALK SING AND POINT



Fact: We can help our children get better at paying attention and noticing things to become good observers of the world.

The game 'I Spy' is a fun way to help your child become a good observer.

Try this: Hide glow sticks throughout the house. Play a game of 'I spy' to give ideas of where you hid the glow stick.

COUNT GROUP AND COMPARE



Fact: Sorting items into groups teaches children to compare things and to notice differences and similarities. It helps them understand categories.

Try this: Sort glow sticks by colors, or use them to build shapes or letters.

EXPLORE THROUGH MOVEMENT AND PLAY



Fact: Getting outdoors each day increases the variety of things to see, hear, smell, and touch. It can also help reduce feelings of stress that you may have.

Try this: It's getting darker earlier, go for a glow stick walk with your child.

READ AND DISCUSS STORIES



Fact: Reading exposes your child to language that is different from the way you normally talk. Reading adds to the words and ideas that they understand.

Try this: Make the lights nice and low and let your glow stick light up the pages of your story. Snuggle in and read a book together.



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