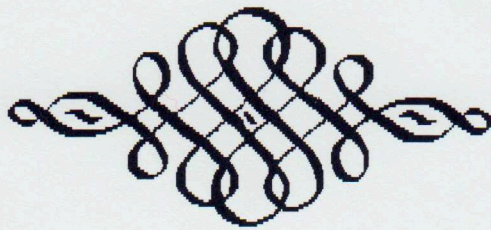


Let Children Help

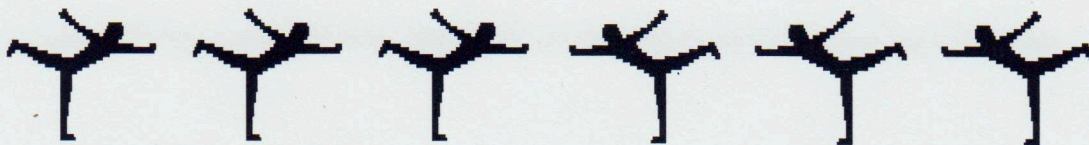
Most preschool children enjoy being given household responsibilities and taking pride in jobs well done. Children ages 3-5 can be encouraged to put away their own toys, crayons and books. They can put dirty clothes in the hamper, dust or wipe off low tables and water plants, for example. Safe, simple tasks are best. Children help best when they know the cleanup will be followed by a special 'treat' activity such as outdoor play or reading. Plus there's a bonus for parents in this: A recent study revealed that parents who shared housecleaning tasks with children were more relaxed than parents who felt they had to do it all themselves.



Balance

The first of all senses to develop is the sense of balance. If balance isn't mastered, all other learning sits on a shaky foundation. The preschool child who constantly hops, skips or twirls is still learning to balance. The child who can't sit still needs to be given time and space to practice movement. Some good balancing activities are:

- * Have children pretend to be various animals of their own choosing
- * Tag-like games like Red Light Green Light and Simon Says
- * Walking on a balance beam, stone wall or row of blocks



This newsletter is open to all for input. Feel free to leave notices, articles, illustrations or offers to type or print it in Sheila's box.