Tip of the Week: Minimize Distractions

An organized, distraction-free play area can go a long way in helping children stay focused and interested in playing with you. You can help your child focus by turning off distractions such as TVs, noisy toys, and music in the background. Additionally, you can encourage your child to stay engaged and communicate with you by staying face-to-face. One way to do this is by keeping the toy or activity in between the two of you. Sitting across from your child, rather than next to or behind, will help your child see exactly what you’re talking about. It will also help you see what your child is paying attention to.

Additional Ideas

Looking for some more fun things to do around the house?
• Listen to Alan from Sesame Street read The Bunny Hop by Sarah Albee
• Pick out a fun activity to play from this Head Start Activities Handbook
• Watch Elmo and friends have virtual fun during Elmo’s Playdate
• Read these Five Tips to making the most of video chatting with young children