



Tuesday Tips for Rainy Days

Oh no! It's another rainy day stuck inside! What are we going to do?!

- Make a *schedule*-do this to keep yourself and your kid(s) on track!
- Schedule *quiet/independent play time*! This will allow you to make sure you have a break too.



If this is new or difficult for your child, use a timer and start with short increments! Praise your child after they played independently or spent some quiet time alone!

- *Have fun with food!* A day where you have to stay inside is a great time to involve your child in meal prep and play!
 - Have your child help make their snacks/meals!
 - If you have the ingredients in-bake or try a new recipe together!
 - Try new foods! Do a taste test and vote if you like it or not!
- *Make an obstacle course!* Make a list of items your child needs to find in a scavenger hunt fashion (2 pillows, a blanket, something long, etc.)! Then work together to make and complete an obstacle course!