

Learning at home one-pager: Starting school (5-7 years)

Every day

- Read together most days and take turns reading pages.
- Play games with dice, cards or numbered squares.
- Homework: same time, same place, you nearby.
- Practice by quizzing: cover it, say it, check it.
- Let your child choose which book or task comes first.
- Sleep: 10-13 hours at age 5, 9-12 hours from age 6.

Things to talk about

"How did you work that out?"

"That was hard, and you kept going."

"Which one do you want to do first?"

"Can you teach me something you learned today?"

Go easy on

- Calling your child smart or a genius.
- Prizes or money for reading or anything else they already enjoy.
- Doing the homework for your child.
- Screens at meals and in the hour before bed, which the American Academy of Pediatrics advised against for children up to age 5.