

EFFECTIVE STRATEGIES TO SUPPORT CHILDREN'S DEVELOPMENT AND LEARNING cont.

- Invite and encourage children to participate in physical activity and free play every day.
- Allow time for child-directed and adult-directed movement activities and participate with children in these activities.
- Share information about programs or activities in the community that encourage physical activity for all families, including children with *special needs*. Programs and activities might include parks, greenways, playgrounds, swimming pools, lakes, and gyms.
- Express enjoyment when outdoors and encourage children to explore the outdoor environment. Dress appropriately for outside weather.
- Promote consistency by integrating both active and quiet activities into the *routine*.
- Ask families to share sleep routines used at home and if possible, use it in the child's environment if appropriate (rock the child to sleep).
- Use familiar terms when talking to the child about sleep and how they can express being tired.
- Help children learn to calm themselves and fall asleep (consider playing soft music, lowering the lights, and quieting the environment). Rubbing older children's backs may help them relax and fall asleep.

