

BUILDING BLOCKS PLAY SCHOOL

Building brighter futures, one block at a time.

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Positive Parenting Guide (Ages 2–5)

Quick-Reference Handout for Families | Parent-Teacher Conference

Between ages 2 and 5, children develop rapidly in language, thinking, emotional control, and social relationships. Consistent guidance, healthy routines, and close supervision give children the support they need to thrive.

1. Positive Guidance & Emotional Regulation

- **Praise Good Behavior:** Notice and praise cooperation and following instructions immediately. Ignore minor defiance or tantrums to avoid reinforcing them.
- **Guide Big Feelings:** Help children name emotions (mad, sad, frustrated). Teach calm coping strategies (deep breathing, quiet cuddles) instead of yelling or hitting.
- **Clear, Positive Limits:** When saying "no," explain why briefly and show what behavior is expected instead.
- **Support Problem-Solving:** Guide 3–5 year olds through simple steps to resolve conflicts rather than fixing issues for them right away.
- **Offer Simple Choices:** Give two acceptable choices (e.g., "apple or banana?", "red or blue shirt?") to nurture independence within routine.

2. Language, Literacy & Cognitive Growth

- **Read Together Daily:** Share books every day, ask interactive questions ("What happens next?"), and visit the library regularly.
- **Enrich Daily Speech:** Speak in full sentences and introduce descriptive vocabulary. Model correct grammar gently without criticism.
- **Rhymes & Pretend Play:** Encourage make-believe play and teach classic songs/rhymes (Itsy Bitsy Spider) to build narrative and memory skills.
- **Explore Surroundings:** Take walks, point out colors, shapes, and numbers, and practice having your child state their name and age.

3. Social Development & Responsibility

- **Peer Play & Sharing:** Arrange playtime with peers so children practice sharing, taking turns, empathy, and early friendship.
- **Simple Chores:** Involve your child in manageable tasks (putting toys away, setting napkins) to build confidence and belonging.
- **Self-Help Skills:** Encourage practicing dressing, handwashing, tooth brushing, and using safety scissors under supervision.

4. Healthy Bodies: Sleep, Nutrition & Activity

Age Group	Recommended Sleep (Per 24 Hours, with Naps)	Primary Focus
Ages 2–3	11–14 hours	Soothing, consistent bedtime routine
Ages 3–5	10–13 hours	Predictable schedules and restful environment

- **Family Meals & Nutrition:** Eat together when possible. Model eating fruits, vegetables, and whole grains. Limit sugary drinks, solid fats, and salty snacks.
- **Picky Eating:** Changing food likes are normal. Avoid mealtime battles; offer small bites of new foods repeatedly without pressure.
- **Active Free Play:** Ensure daily active play (running, jumping, tricycles, balls) to build strength and coordination.

5. Screen Time Recommendations

- **1-Hour Daily Limit:** Limit non-educational screens to no more than 1 hour per day of quality programming across all settings.
- **Screens Out of Bedrooms:** Keep TVs, tablets, and phones out of children's bedrooms to protect sleep.
- **Family Media Plan:** Co-view content and establish screen-free zones during meals and the hour before bed.

6. Child Safety & Injury Prevention

- **Water Vigilance:** Drowning is a leading cause of death. Supervise constantly around water (tubs, kiddie pools, pools). Ensure 4-sided pool fencing.
- **Car Seat Safety:** Keep children buckled in a back-seat harness car seat until reaching top weight/height limits before moving to a booster.
- **Choking & Burn Hazards:** Have children sit while eating and chew thoroughly. Never hold hot drinks while holding a child.
- **Outdoor & Street Safety:** Teach children never to run into traffic. Supervise playground equipment and require helmets for tricycles and scooters.
- **Personal Safety:** Teach basic rules about strangers and identifying trusted community helpers.

7. Tracking Milestones & School Support

- **Observe Milestones:** Watch how your child plays, speaks, learns, acts, and moves every day.
- **Partner with Our School:** Every child develops at their own pace. If you have questions or observe delays in speech, motor skills, or social behavior, please reach out directly to your child's teachers and our principal. We are here to support your child!

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