



## PARENT RESOURCE WEBSITES

### Useful Links

#### **Bartlett Park District Preschool Website Link (many resources)**

[Parent Information - Bartlett Park District \(bartlettparks.org\)](http://bartlettparks.org)

#### **Songs:**

- Rise and Shine Song  
<https://www.youtube.com/watch?v=jyAD2OoFuoY>
- Freeze Dance <https://www.youtube.com/watch?v=2UcZWXvgMZE>
- Tooty Ta Dance [https://www.youtube.com/watch?v=ea4TVg0\\_8Dk](https://www.youtube.com/watch?v=ea4TVg0_8Dk)
- Bear Hunt  
[https://www.youtube.com/watch?v=5\\_ShP3fiEhU](https://www.youtube.com/watch?v=5_ShP3fiEhU)  
<https://www.youtube.com/watch?v=F6OVwsnuX-Y>
- Dragon Hunt <https://www.youtube.com/watch?v=oyI3qukcTiI>
- Follow the Rules [I Can Follow the Rules Song | Music for Classroom Management - YouTube](#)
- Boom Chicka Boom  
<https://www.youtube.com/watch?v=9nKq4jm4LD8>
- Goodbye Song
  - <https://www.youtube.com/watch?v=SRyFiVeNjWs>
  - <https://www.youtube.com/watch?v=STMl4yjPpoM>
  - <https://www.youtube.com/watch?v=E7BRrNU25IE>
- Clean Up Songs  
<https://www.youtube.com/watch?v=oY-H2WGThc8>  
<https://www.youtube.com/watch?v=SFE0mMWbA-Y>  
<https://www.youtube.com/watch?v=whrNJH8S-Ys>

- [Tooth Brushing Songs for a Dental Health Theme - Pre-K Pages](#)

### Self Help Skills:

- Flip and Zip <https://youtu.be/3wRKDeKbAcI>
- Tying shoes, zipping and buttoning  
<https://www.youtube.com/watch?v=ehwqhHLJY5Ytyping>
- Tying Shoes <https://www.youtube.com/watch?v=BeSkBOYUlag>
- Tying Shoes <https://www.youtube.com/watch?v=BsydRalh0ow>
- Tying Shoes <https://www.youtube.com/watch?v=QJVR8hHBQyM>
- [How to Teach Kids to Tie Shoes - The Inspired Treehouse](#)

### Handwriting without Tears:

- Where do you start your letters?  
[https://www.youtube.com/watch?v=YK\\_sHQgN94M](https://www.youtube.com/watch?v=YK_sHQgN94M)
- Mat Man [https://www.youtube.com/watch?v=zcGs7\\_1XFs](https://www.youtube.com/watch?v=zcGs7_1XFs)
  - <https://www.youtube.com/watch?v=OQaurnHfLug>
  - <https://www.youtube.com/watch?v=Kr1Jt04a4IU>
  - [https://www.youtube.com/watch?v=8O\\_vUHJ7440](https://www.youtube.com/watch?v=8O_vUHJ7440)
- Numbers <https://www.youtube.com/watch?v=WtVnKUd8nWM>
- Jump Start Capitals  
[https://www.youtube.com/watch?v=EaifybYd4qA&list=PLZQE1fEZGa\\_oL-NQa4SOkXycptkKeJ03Fx](https://www.youtube.com/watch?v=EaifybYd4qA&list=PLZQE1fEZGa_oL-NQa4SOkXycptkKeJ03Fx)
- [Handwriting for Kids: Hints, Tips, and Strategies - The Inspired Treehouse](#)

### Pencil Grip

- <https://youtu.be/VhtdJ4D00tQ>
- How to Hold a Pencil  
<https://www.youtube.com/watch?v=RclxBdiuvOM>
- HWOT <https://www.youtube.com/watch?v=K1v4wVaEGqA>
- HWOT crayon <https://www.youtube.com/watch?v=dCyroEuPB1c>
- Pencil Grip Song <https://www.youtube.com/watch?v=CF3KCUNNKx8>

### Fine Motor Activities:

- <https://www.youtube.com/watch?v=ur0JDVOasD8>
- Pre-Writing <https://www.youtube.com/watch?v=nvwAUkNELuc>

- [https://www.youtube.com/results?sp=mAEB&search\\_query=small+motor+skills+for+preschoolers](https://www.youtube.com/results?sp=mAEB&search_query=small+motor+skills+for+preschoolers)
- <https://www.youtube.com/watch?v=PC6vKh3bhTI>

### Scissor Cutting:

- [Kindergarten Cutting - YouTube](#)
- [Fitzy. Monster Show: Using a Pair of Scissors - YouTube](#)
- <https://theinspiredtreehouse.com/teach-kids-how-use-scissors/>
- <https://theinspiredtreehouse.com/creative-cutting-practice-kids/>

### Counting

- [Let's Count to 20 Song For Kids - YouTube](#)
- Five Little Monkeys [https://www.youtube.com/watch?v=\\_rac7Eo--\\_A](https://www.youtube.com/watch?v=_rac7Eo--_A)
- Using 10 Frame for Addition / Subtraction in Preschool <https://youtu.be/p6RaMGDPfJg>

### Sequencing and Patterns

- [7 Sequencing Activities for Kindergarten & Preschoolers | LWT \(lwtears.com\)](#)
- [Sequencing for Preschoolers: Simple Ways to Teach the Concept - Empowered Parents](#)
- [3 Ways to Teach Sequencing to Preschool Children - wikiHow](#)
- [The Activity Mom - Free Printable Sequencing Cards and Activities for Preschoolers -The Activity Mom \(activity-mom.com\)](#)

### Physical Activities

#### Guidelines for Preschoolers

1. Preschoolers should accumulate at least 60 minutes of structured physical activity each day.
2. Preschoolers should engage in at least 60 minutes—and up to several hours—of unstructured physical activity each day, and should not be sedentary for more than 60 minutes at a time, except when sleeping.
3. Preschoolers should be encouraged to develop competence in fundamental motor skills that will serve as the building blocks for future motor skillfulness and physical activity.

4. Preschoolers should have access to indoor and outdoor areas that meet or exceed recommended safety standards for performing large-muscle activities.

5. Caregivers and parents in charge of preschoolers' health and well-being are responsible for understanding the importance of physical activity and for promoting movement skills by providing opportunities for structured and unstructured physical activity. Guidelines for Children Ages 5–8 (and older

- [11 Ways to Encourage Your Child to Be Physically Active - HealthyChildren.org](#)  
[Preschool Activity - HealthyChildren.org](#)
- <https://childdevelopmentinfo.com/category/child-activities/#gs.0wrug1>  
[Rainy Day Fun – 20 Exciting Activities For Your Kids \[Infographic\]](#)  
[\(infographicjournal.com\)](#)
- [The A - Z of Getting Fit with Your Children \[Infographic\]](#)  
[\(infographicjournal.com\)](#)

### **Calendar Activities**

- <https://www.youtube.com/watch?v=o02sA4l-adY>
- [The 7 Days of the Week Song 🎵 7 Days of the Week 🎵 Kids Songs by The Learning Station - YouTube](#)
- Days of the Week <https://www.youtube.com/watch?v=loINl3Ln6Ck>
  - <https://www.youtube.com/watch?v=8GKmCQOy88Y>
- Months of the Year  
<https://www.youtube.com/watch?v=5enDRrWyXaw>

### **Sign Language**

- [Sign Language Basics: Learn 38 ASL signs in 2 minutes - YouTube](#)
- [Signing Time - Let's Make Friends! - YouTube](#)
- [Baby Language Song ASL | American Sign Language Collection | 14 videos | - YouTube](#)

### **Alphabet / Number / Shape Recognition & Sight Words**

- [Alphabet Find Learning Activity - Busy Toddler](#)
- [Easy Bean Bag Number Toss Game on the Stairs - HOAWG](#)  
[\(handsonaswegrow.com\)](#)

- [Post-It Number Match Math Activity - Busy Toddler](#)
- [Shape Sorting Activity: Go Beyond Memorizing - Busy Toddler](#)
- [Sight Word HIGH FIVE Game! | School Time Snippets](#)
- [Learn to Read Sight Words with this FUN Movement Sidewalk Chalk Sight Word Game - The Educators' Spin On It \(theeducatorsspinonit.com\)](#)
- [Fun ways to practice sight words with beginning readers - The Many Little Joys](#)
- [STEPPING up the reading! - How Wee Learn](#)
- [How to Teach Phone Numbers \(teachingmama.org\)](#)
- [Preschool Card Games: ABC Go Fish! - How Wee Learn](#)

### **Math Resources**

- [https://docs.google.com/document/d/1YhpyimLwtjGENVskHLeL\\_X947D5O1KVag1SZjz7gXos/preview#](https://docs.google.com/document/d/1YhpyimLwtjGENVskHLeL_X947D5O1KVag1SZjz7gXos/preview#)
- <https://www.dreambox.com/>
- [Math Talk While Cooking Together \\* DREME Family Math \(stanford.edu\)](#)
- [‘How Do You Know?’: Using Videos to Peek into Children’s Minds and Support Early \\* Math Learning | Development and Research in Early Math Education \(stanford.edu\)](#)

### **Additional Sites for Reference and Ideas**

- <https://teachpreschool.org/2019/09/04/children-learn-through-play/9-Types-of-Play-and-Why-They-Matter-Infographic>  
([infographicjournal.com](http://infographicjournal.com))
- [The Ultimate Playlist: 50 Reasons to Believe in the Power of Play \[Infographic\] \(infographicjournal.com\)](#)
- [50 of the Best Books for Parents \[Infographic\] \(infographicjournal.com\)](#)
- [The Wired Child \[Infographic\] \(infographicjournal.com\)](#)
- [Why Won't You Play With Me? \[Infographic\] \(infographicjournal.com\)](#)
- [9 Work-Life Balance Tips for Busy Working Parents \[Infographic\] \(infographicjournal.com\)](#)
- [How to Get Children to Help With the Chores \[Infographic\] \(infographicjournal.com\)](#)
- <https://www.naeyc.org>
- <http://families.naeyc.org/accredited-article/good-preschool-your-child>

- <https://illinoisearlylearning.org/resources/videos/videos-benchmark/>
- <https://theinspiredtreehouse.com/child-development-resources-for-parents/>
- <https://theinspiredtreehouse.com/child-melting-look-w-sitting/>
- <https://napacenter.org/w-sitting/>
- <https://www.cdchk.org/parent-tips/truth-about-w-sitting/>
- [Indoor Play Ideas: Fun Ways for Families to Connect This Winter - HealthyChildren.org](https://www.healthychildren.org/indoor-play-ideas-fun-ways-for-families-to-connect-this-winter)

## **Potty Training**

- [The Straight Poop: Adventures in Toilet Training \[Infographic\] \(infographicjournal.com\)](https://www.infographicjournal.com/2019/06/11/recycled-art-in-preschool/)<https://teachpreschool.org/2019/06/11/recycled-art-in-preschool/>
- [How to Potty Train in 3 Days Without Losing Your Sanity \[Infographic\] \(infographicjournal.com\)](https://www.infographicjournal.com/2019/06/11/how-to-potty-train-in-3-days-without-losing-your-sanity/)
- [20 Highly Effective Potty Training Tips \[Infographic\] \(infographicjournal.com\)](https://www.infographicjournal.com/2019/06/11/20-highly-effective-potty-training-tips/)



# Parenting: It's a Life

## Function of Parenting

- ▶ Provides unconditional regard and enhances self esteem
  - ▶ Address global, negative, internal attributions
    - ▶ Things rarely always happen
    - ▶ There are positives and negatives to everything.
    - ▶ There are often internal and external explanations
  - ▶ Reminds the child that everyone is lovable just for being...it is the choices people make and their behaviors which are unacceptable
  - ▶ Provides constructive correction that answers the question...
    - ▶ Why shouldn't I do that?
    - ▶ What should I do instead? Or How can I accomplish that?

