



Dear Parent,  
Greetings!

A. A. Milne, in his 1926 classic, "Winnie the Pooh," wrote, "Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude." Our little pink friend was grateful for the richness he had in his life; great friends, a warm place to sleep and a few tasty "hay corns" to eat.

As we break for the summer holidays, we want to take a moment to express our heartfelt gratitude to all who help make Doon Public School an amazing place to be. Parents play a very critical role in what we envision to accomplish on behalf of our Doonite scholars. You are adeptly doing what we know firsthand is the firmest, most rewarding and blissful job of all.

In the essence of this holiday season, we extend our fervent wish that each of you receives and returns the seasonal abundance of blessings and good tidings that make these days truly special.



At our school, we are devoted to inculcating the arts into our academic curriculum as we believe that we learn better with and through an artistic approach.

With this approach as our core vision and philosophy, we are sure you will understand the higher value of the summer tasks we are sharing with our Doonites and their families to inculcate artistic approach into our curriculum and develop the whole child and not just above the neck. We believe the true meaning of this holiday season is best expressed through the faces of our children.

They radiate a sense of untainted hope, unabashed joy for life and unbridled enthusiasm, and the prospects that await them.

To the parents and friends of Doonite community, please have a safe and joyous holiday season.

Warm Regards!

Buds 'N' Blooms Team





## Smart Parenting

Here are **some tips** to make this summer a joyful period:

- ✦ **Inspire your children** to read for at least 20 minutes a day. Remember, to inspire we need to practice what we preach.
- ✦ **Make time to read** about the history of the places you are visiting, on your stay-cations and/or vacations.
- ✦ **Partake at least two meals together** with your children. Impart them the importance and hard work of the farmers and ask them not to waste their food.
- ✦ **Have conversations** about the engineering and innovative thinking required to create the many things you get to explore at your summer destinations (amusement parks, swimming pools, airports, train stations, etc.)
- ✦ **Allow them to wash-down their own plates** after

every meal. Children absorb dignity of labour from such activities.

- ✦ **Let them assist you in cooking.** Allow them to make their own vegetable and fruit salad.
- ✦ If possible, **allow them to keep a pet** dog or a cat or any animal or fish.
- ✦ Encourage your children to **keep a journal** to venerate their summer and prep them for the infamous back to school writing prompt 'What did you do this summer?'.

**Note:** The following activities have been shared to keep children engaged during the break. Kindly note that these are suggestive activities. **The child may choose minimum five and maximum as many as they wish.** The aim is joyful learning, not burden.

Ensure that you click **one photograph** of your child while performing each activity and send its printout to the school for keeping in the **portfolio**. Kindly limit it to one photograph per activity.



## Maintain a Regular Routine

Younger kids are constantly developing. Encountering and learning new challenges leave them feeling anxious. A predictable routine reassures them that an adult will meet their needs. Establishing the day around consistent events rather than hours and minutes, it helps children recognize the notion of time.

Routines also help parents to establish boundaries. With a routine in place, families are more likely to stick to healthy expectations because it becomes the "normal" thing to do in your household.

Over time, children will begin to take charge of their own activities (brushing teeth, getting dressed) without constant reminders. Their sense of competency and independence increases.

Adopt some of these simple ways of establishing a comforting routine in your household:



- ✚ **Create and stick to a morning routine** with a set time for waking up and a pattern for the regular morning activities, such as getting dressed and brushing teeth.
- ✚ **Have predictable family mealtimes** around a table.
- ✚ **Keep bedtimes consistent.**
- ✚ **Set a time** for particular activities such as watching television, reading stories or playing outside.
- ✚ **Plan one main activity** each day, e.g. meeting friends, going to the park etc.



To make routines visible, create a visual timetable — a chart depicting a sequence of key events in a child's day, in picture format.

How to make a visual timetable:

- ✚ **Print or draw a series of picture symbols** or photographs that illustrate key activities in your child's day.
- ✚ **Make your own chart** using a laminated template, bulletin board or felt board.
- ✚ **Attach the pictures in sequence** using sticky tack, pins, magnets or Velcro.
- ✚ **As each event is completed, remove the corresponding picture**, so children can clearly see what will happen next.
- ✚ If your goal is to **encourage independent play**, then it might be helpful to make a visual timetable that shows your activities alongside your child's.
- ✚ **Encourage choices by using a surprise symbol** or a generic symbol for play or together time.



Involve  
Children in  
Chores



Young children love responsibility and being engaged in meaningful work.

**Fun chores for young children include:**

- ✦ **Washing Dishes:** A bowl of soapy water is a treat for a young child. They may not clean dishes perfectly but it will keep them occupied while you attend to other kitchen chores.
- ✦ **Wiping Surfaces:** Find an area that they can wipe with a cloth and cleaning spray (eg. fill a spritzer with soapy or plain water). Walls, low tables, baseboards, patio doors or sinks work well.
- ✦ **Sweeping or Yard work:** Give your child a child-sized broom or gardening tool. They love to rake leaves, sweep pathways or pull weeds.
- ✦ **Sorting Clean Laundry:** This is a perfect activity for practicing early mathematical skills. Pair socks, or sort clothes and put them in a separate pile for each family member.
- ✦ **Cooking and Preparing Food:** Younger children can fetch ingredients and help to mix and pour, progressing to peeling and chopping, measuring, mashing and baking as they get older.



## Involve Children in Your Hobbies

Parents tend to believe that the things we once enjoyed are impossible to do now that we have young children. Over time I learned that my children love to do grown-up hobbies with me.

- ✦ **Fitness:** Children naturally mimic their parents, so enjoy copying exercises, trying yoga positions or watching a fitness video. If you prefer running, run with a jogging stroller or have older children cycle alongside you.
- ✦ **Arts and crafts:** If crafts are your hobby, give children a selection of your materials to explore. For eg. scrapbooks with child safe scissors, glue and stickers, modeling clay, string beads and lacing.
- ✦ **Music:** Play music for them to sing along or dance to, listen to music together or give them a small keyboard with headphones while you practice your instrument.



## Encourage Independent Play

Independent playtime allows children to feel refreshed and learn in a different way, and it gives parents a break.

Some strategies for encouraging independent play are:

- ✦ **Don't take over** — Be a patient observer from a reasonable distance.
- ✦ **Set times for together time.**
- ✦ **Build alone time gradually.**
- ✦ **Don't expect them to go to a different room to play.**
- ✦ **Get outside** — Often children are more likely to play independently in an open space (even in the rain).
- ✦ **Have realistic expectations** regarding how long they can manage to play without you.
- ✦ **Look at the things that interest them:** explore what you have to tell your child not to do. Can you build a play scenario around this?

- ✦ **Don't overwhelm children with toys** — Keep it simple.
- ✦ **Organize your space** to encourage independent play. Keep materials in easily visible, well-labeled containers or organized shelves. Give children a space in which to play — perhaps a rug or small table — and set out enticing materials. Don't be afraid to mix materials or add household objects to a toy box.

### **Create a Game Box**

Fill a box full of things your child can play with alone - things like coloring books, playing cards, or easy puzzles. When you need to keep your kids busy, give them the box. They might resist at first, but the more you do it, the more they'll accept "game box time" as part of their routine.

### **Help making their own Cartoon**

Instead of watching cartoons, have your children make their own. Give them a piece of paper and some crayons, and ask them to draw you a hero and a bad guy. When they're done, let them come back and tell you their hero's story.

### **Give them an Important Mission**

Give your child a task, and make it a really big deal.

Tell them they need to draw a picture for Dada, or that they need to make a block fort for Grandma. If they think it's an important job, they won't complain about working on it independently.

### **Generate a Boredom Idea Box**

Brainstorm ideas with your children about what they can do to overcome boredom. Write down their suggestions, and put them in an empty box. Then, the next time they're bored, have them pick out one of their own suggestions. Given that it was their idea, they'll be more willing to actually do it.

### **Offer Creative Toys**

Any toy that lets a child create is sure to keep them distracted for a long time. Invest in Legos, puzzles, and Play-Dough. Not only will your child be able to play with them for hours, but they'll build up their spatial reasoning, too.

### **Design a Treasure Hunt**

Hide something like a coin or a sticker somewhere in the house. Give your kids a clue, and let them run wild trying to find it. If you make it a bit tricky to find, you'll build up their resilience - and their ability to find things without begging for your help.

### **Build a Fort**

Give your child a few pillows and a blanket, and

challenge them to turn the couch into a fort. No child will turn down the chance to make a secret base - and they'll be much more likely to play independently once they're inside.

### **Make a Sculpture**

Give your child a few pipe cleaners and a piece of Styrofoam - or any other kid-friendly items you might have on hand - and ask them to make a sculpture. Anything will do, but favorite heroes are a winning suggestion.

### **Play with Locks and Bolts**

Hand your child a lock and a key or a nut and bolt and let them play with it. Young kids, especially, will be mesmerized by the act of unlocking something - and they'll develop their motor skills while they're at it. Give them a mixed bag, and see if they can figure out which lock goes with which key.

### **Have Messy Mixing Time**

Set up a big tarp on the floor, and give your child some bowls and things from the kitchen they can mix together. Let them go wild. Your child will be so excited that they get to be messy indoors that they'll be willing to play without your constant attention.

### **Play Verbal Games**

If you have the energy to multitask, you can keep your child entertained while still getting things done. Take turns naming an animal for each letter of the alphabet, or play 20 Questions. You can cook, clean, and get ready while quizzing your child.

### **Let them Grow a Garden**

Give your child a little plant to take care of. Maybe they can grow an herb garden or a few flowers on the windowsill. Have them water their plant each day and, when you need a few moments, ask them to check on it. They'll be immersed in their work.

### **Suggest a Science Experiment**

Let your kids discover the world. Teach or show them something about an object or their surroundings and let them explore it. That might mean giving them a magnet and telling them to see what sticks, or giving them a bowl of water and prompting them to see what will float and what will sink.

### **Wait Them Out**

If all else fails, just wait them out. If you can put up with 20 minutes of your kids whining about you turning off the TV, they'll eventually find something else to do.

Getting kids to play independently won't go smoothly every time. If your children are used to either having your attention or the entertainment of a screen at every moment, they're going to put up a fuss.

**Keep trying everything, though, and your children will get used to playing on their own. Promise!**

