

Adventures through Childhood

Repetition, Repetition, Repetition

As anyone who's around children for any length of time is aware, youngsters delight in repetitive behaviors such as singing Happy Birthday at every party, hearing numerous times not to cross the street without an adult, or returning to the same exhibit when visiting the Children's Museum. With each repeated learning experience, a child's neural pathways strengthen, which increases critical thinking skills and knowledge-seeking behavior. This allows children to learn what to expect from their environment and to understand daily situations, ultimately creating better learners in school and life.

Ways to expose your child to healthy repetitive experiences...

- Use storybooks, songs and fingerplays for transitions between activities or for particular routines. For example, sing "This is the way we brush our teeth..." every morning and night.
- If a child wants to be read *Goodnight Moon* over and over try to find ways to expand the story: "What is in your room we can say goodnight to?"
- Repeating art projects or drawing the same object or design is a good thing. Remember the real learning is in the process not the product.
- When children continuously ask you "why..." before answering turn the question to them by asking "why do you think..."
- Listen and play music! Music inherently possesses repetitive tones, rhymes and melodies that foster brain development.
- Rotate the toys children play with on a weekly basis. Instead of having 20 different puzzles on a toy shelf let your child work on the same three or four all week.
- Discipline and directions need to be short and consistent. Use one phrase that alerts children when their actions are not acceptable.
- When visiting learning environments such as the Children Museum, be aware and support your child gravitating to the same areas and allow them the time to fully engage in play.

Join us for Dots & Squiggles, the Children's Museum's preschool art workshop

Winter session—January 22nd & 29th and February 5th & 12th

Monday mornings 10:00 to 11:30

\$5 for supplies for one adult & one child each class (\$3 for each additional child)

No museum admission on day of workshop.

Call for information (210)212-4453 ext. 2304.