



NIS

A Learning Center

for Children and their Families

Dear Parents and Guardians,

In light of the current school closing guidelines we would like to offer some ideas to keep your youngsters busy and engaged during their time away from school.

It is important to set up structured routines that maintain daily schedules for activity, daily living skills, cognitive stimulation, skill practice and enriching experiences. Be sure to include plenty of outdoor excursions weather and time permitting.

An example of a daily scheduled routine might include

Dressing- Where possible have your child choose an outfit for the day and attempt to dress themselves, providing assistance and instruction where needed.

Breakfast- Start the day with a healthy meal. Perhaps discuss the weather, season of year and calendar month and day.

Movement – Sing a song to move to, like “Head, Shoulders, Knees and Toes”, put on a music video like “Go Noodle” or just put on some of your favorite songs and free dance together.

Outdoor Play- Incorporate some running and climbing in the backyard, go for a walk or bike ride or just go out and explore the early signs of spring.

Story Time- read a favorite book and explore the pictures with your child. Point out the name of the author and illustrator. When finished ask what they liked or didn’t like about the story.

Lunch- Enjoy a healthy meal together

Rest/Quiet Time- take a rest or nap if needed or do some quiet activities together such as puzzles, building with blocks, making a tent with sheets or blankets, putting out some play dough, shaving cream or just fill a pot with warm soapy water for water play activity.

Academic Review- Label the colors of items around the house, have your child search for things that are the same color, look for shapes, review the letters of the alphabet, count objects you have around the house like spoons or plastic cups.

Snack Time- Have a small snack

“GYM”- Do some stretching, play Follow the Leader, Ring around the Rosy or Simon Says

Thanks all for your patience during this very trying time. Please know we are posting new information on our website as it becomes available. We will be using an E-newsletter as another method of communication, including activities to complete with your child. Please make sure you sign up by texting NISNEWS to 22828.

**We look forward to everything getting back to normal but for now, we wish you all the best!
Remain cautious and Stay Healthy!**

Sincerely,

Kristen Moran-Daleo & The NIS Administration

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