

SNHS Head Start
Home Matrix

Routine	Be Safe	Be Kind	Be Careful with our Things	Parenting Tips
Morning Routine	<ul style="list-style-type: none"> ▪ Let adults know when you are awake ▪ Listen to adults 	<ul style="list-style-type: none"> ▪ Say Good Morning ▪ Use inside voice ▪ Ask nicely for breakfast 	<ul style="list-style-type: none"> ▪ Put pajamas away ▪ Put away toys before leaving house 	<ul style="list-style-type: none"> ▪ Think ahead...are the clothes ready? Cereal out? ▪ Is your alarm set? Have you allowed enough time? ▪ Were the children in bed on time last night? Should bedtime be earlier? ▪ Have I given choices where possible...clothes, breakfast?
Car	<ul style="list-style-type: none"> ▪ Stay buckled ▪ Use inside voice ▪ Keep hands & feet to yourself ▪ Ask adult before opening window 	<ul style="list-style-type: none"> ▪ Get in your seat ▪ Ask for things nicely ▪ Share toys 	<ul style="list-style-type: none"> ▪ Keep toys inside the car ▪ Use toys correctly 	<ul style="list-style-type: none"> ▪ Plan ahead...do you have toys, books, snacks, extra clothes? ▪ Are you listening to appropriate music for children? Bring children's music along. ▪ Play car games with children. Look for letters, stop signs, colors etc. as you drive.
Shopping	<ul style="list-style-type: none"> ▪ Listen to adults ▪ Stay with adult ▪ Sit down in carts ▪ Use walking feet 	<ul style="list-style-type: none"> ▪ Use inside voice ▪ Use kind words 	<ul style="list-style-type: none"> ▪ Look with your eyes not with your hands ▪ Keep items inside the cart 	<ul style="list-style-type: none"> ▪ Have you told child where you are going? Reviewed the rules for shopping today? ▪ Is this a good time for your child? Is he tired? Excited? ▪ Is there a way your child can help look for items? Cross things off your list? Offer choices?
Mealtime	<ul style="list-style-type: none"> ▪ Wash hands before eating ▪ Sit on your chair ▪ Take small bites and chew ▪ Four on the floor 	<ul style="list-style-type: none"> ▪ Ask nicely for food ▪ Say please and thank you ▪ Use good manners 	<ul style="list-style-type: none"> ▪ Help clean up ▪ Clean up your spills 	<ul style="list-style-type: none"> ▪ Are you eating together as a family? ▪ Is the TV off? ▪ Mealtime is a great time to model conversation. Share your day. Ask what was the best part of your child's day? The worst?

Playtime	<ul style="list-style-type: none"> ▪ Use toys safely ▪ Listen to adults ▪ Gentle hands and touch ▪ Feet on floor ▪ Use walking feet 	<ul style="list-style-type: none"> ▪ Keep hands and feet to yourself ▪ Use kind words ▪ Ask for objects ▪ Take turns and share ▪ Use inside voice 	<ul style="list-style-type: none"> ▪ Use toys carefully ▪ Use toys correctly ▪ Put toys away when you are finished 	<ul style="list-style-type: none"> ▪ Is the area safe and supervised? ▪ Offer child a choice of activities ▪ Play with your child to model skills like sharing, taking turns, playing safely <p>Have you given a warning a few minutes before it is time to clean up or move to another activity?</p>
TV/Video	<ul style="list-style-type: none"> ▪ Ask an adult if you can watch TV/play video/game ▪ Listen to adults about what shows/games you can watch 	<ul style="list-style-type: none"> ▪ Take turns choosing shows ▪ Turn off TV when done watching ▪ Watch TV quietly: sound of inside voices 	<ul style="list-style-type: none"> ▪ Let adults turn TV on and off ▪ Return videos/games to their places 	<ul style="list-style-type: none"> ▪ Plan child's TV viewing ahead of time. Limit to 2 hours/day ▪ Have you checked ratings of shows/videos and games for age appropriateness? ▪ Have you watched this show or video before? Do you know about its content? ▪ Turn off TV when no one is watching and at mealtimes
Bathtime	<ul style="list-style-type: none"> ▪ Use walking feet in the bathroom ▪ Only get in/out of the tub when an adult is with you ▪ Keep water in the tub 	<ul style="list-style-type: none"> ▪ Listen to adults ▪ Keep water in the tub ▪ Use inside voice 	<ul style="list-style-type: none"> ▪ Only water toys go in the tub ▪ Keep water in the tub 	<ul style="list-style-type: none"> ▪ Have you checked the water temperature? ▪ Plan ahead...do you have towels, change of clothes, diapers nearby? ▪ Does your child have bath appropriate toys to play with? ▪ Give your child a warning when it is almost time to get out of the tub
Bedtime	<ul style="list-style-type: none"> ▪ Brush your teeth before bed ▪ Listen to adults ▪ Stay in bed ▪ Call for an adult if you need help 	<ul style="list-style-type: none"> ▪ Use inside voice ▪ Say Good Night 	<ul style="list-style-type: none"> ▪ Keep bed toys in bed 	<ul style="list-style-type: none"> ▪ Is there a quiet time before bed? ▪ Did you turn off your TV a half hour before bed? ▪ Do you have a nightly bed time routine with your child? Ex. Bath, brush teeth, book and bed