



# Juggling School Schedules and Play

## REVIEW CHECKLIST

For juggling school schedules and play

- Do I encourage my child to enjoy outside playtime after school, whenever possible?
- Is my home environment set up so that it invites play in various areas?
- Do I limit the amount of time my child spends in front of screen machines for entertainment purposes only?
- Do I allow my child to do homework in small chunks of time, alternated with short playtime opportunities, if it suits her learning style?
- Do I mark playtime—self, peer, or adult directed—on the calendar, so it is more predictable for my child who thrives on structure?
- Do I take an active part and play with my child on a daily basis for my own self-care as well as my child's?
- Do I find ample opportunities—guided or instructional—for my child to practice and improve upon his aptitude for play?