

# PROVIDER NEWS

February 2022



## PROVIDER RESOURCES

Contact our office for assistance with any of the following resources:

- Virtual Training Opportunities
- Professional Development Funds
- Credential Assistance
- Quality Improvement Funds
- ExceleRate Illinois Consulting
- Technical Assistance
- Referral Database

Office hours are 8:00am – 4:30pm  
815-484-9442



engage are not disrupted. Sometimes not having all your circle time activities at once can also help to get children to learn what is intended.

Children thrive on routines and schedules. Starting out your adult-led activities out for smaller durations of time and building on that time by just a few minutes can help increase children's attention spans make the activity active and engaging. In addition, try to eliminate stressors or distractions for the area the activity is being done.

Ward, C. M. (2020, July 28). *What are normal attention spans for children?* The Kid's Directory Family Resource Guide. Retrieved from <https://www.kids-houston.com/2020/08/21/what-are-normal-attention-spans-for-children/>

## KEEPING CHILDREN ENGAGED

While we know children are able to learn so much through play, we still strive for some adult-led activities. A child's attention span is something to be considered when you choose to have circle time, story time, or adult-led activities.

Christina Ward mentions in a blog article for The Kid's Directory, ***What are normal attention spans for children***, that a child's attention span has great impact on their education, relationships, and day-to-day activities.

A child's attention span is associated with their cognitive development. Children remain more engaged when they are interested in what is happening. Everyone thinks and interprets sensory information differently, this affects our attention span greatly. We see many factors that affect our attention span from being tired or hungry to learning disabilities or health issues. When we consider age, research has derived that attention span is about 2-3 minutes per year of age. So relatively a normal 4 year old may have an attention span of 8-10 minutes; basically their age times two. So younger children greatly struggle with staying engaged in adult-led activities that don't catch their interest.

So if you chose to have any adult-led activities or have circle time you may need to adjust for the ages of the children. It is also not healthy or recommended to keep children in one area for too long if they are not interested or engaged naturally. So if you have a child that doesn't want to sit in the circle during the "Days of the Week" song, it may be something you adjust by having other activities available for them; so those who do wish to

YWCA NORTHWESTERN ILLINOIS ~4990 EAST STATE ST. ~ROCKFORD, ILLINOIS 61108

# YWCA IS ON A MISSION

## KEEPING ACTIVE INDOORS

Keeping children active for the recommended 30 minutes of adult-led active play and 60 minutes of active free play daily can be difficult during winter months.

These activities may help you while assessing a child's development in making sure they are meeting appropriate milestones.

- **Jump and grab to learn!** Whatever it is you're learning, sight words, shapes, and even match snowflakes!
- **Jump across pillows, or islands!** Don't touch the lava (or water)!
- **Use painter's tape** and tape lines on the floor. The kiddos can jump each line forwards, backwards, and on one foot or see how far they can jump from the first to another line. They can see how far they can stretch their legs from one piece to another. Or use it as a measuring tool to see how long they are while laying across the lines.
- **Use small boxes** as hurdles and have the kids jump over them.
- **Take a bed sheet** and as the kids hold the corners they can toss a small stuffed animal or ball into the air.
- **Using a laundry basket**, empty or full, to push across the floor or lift up and down.



Our lobby is currently closed for any walk-in traffic, through the end of March.

We will also be closed February 11<sup>th</sup> at Noon and all day February 21<sup>st</sup> for President's Day

# FREE Gross Motor Items!!!

Register and Participate in the Physical Activity Learning Sessions



\*\*The number of items you may receive is based on the number of participants.

## HEALTHY KIDS, HEALTHY FUTURES PALS TRAINING SESSIONS

### Physical Activity Learning Sessions (PALS)

Physical Activity Learning Sessions is a series of workshops that focus on physical activity for children from birth to 6 years of age in early learning environments such as preschools, child care settings, and family child care homes.

PALS workshops examine the eight areas of best practice areas for physical activity and address the challenges early care and education (ECE) professionals face in supporting active play. Participants consider their practices and environments and then develop action steps to get kids moving!

ECE professionals play an important role in helping children master movement skills and learn to enjoy being physically active. PALS workshops equip ECE professionals with knowledge on why physical activity is so important in early childhood and strategies to apply to their work the next day!

Contact Kelly for more information or to register  
815.484.9448 ext. 204  
[kellym@ywcanwil.org](mailto:kellym@ywcanwil.org)



Next PALS  
Training  
Scheduled for  
February 19<sup>th</sup> & 26<sup>th</sup>  
9am – 12pm

