

Understanding and Managing Time

6.04 Timing Is Everything

Playing “time games” with children in your family can really help teach the concept of time. Try timing how long it takes to do ordinary things.

For example:

- **“Predicttime”:** Predict how long it will take you and your child to fold the laundry or load the dishwasher. Then time yourselves doing the task. Was your prediction close?
- **A Little Shut Eye:** Ask your child to close her eyes for one minute. Tell her to let you know when she thinks one minute has elapsed. Time her to see how close the guess was to an actual minute. Share the actual elapsed time with her.



Parent To Parent

Keep in mind that many adults have trouble predicting how long a task will take. This is why weekend home improvement projects often take longer than a weekend! The more experience your child has with predicting and understanding time, the more able she will be to use her time wisely.

