



AN RX FOR RESTLESSNESS

PRESCHOOLERS ARE NOTORIOUS FOR FLITTING QUICKLY FROM ONE FUN THING TO ANOTHER. LEARN SOME SIMPLE WAYS TO HELP YOUR BUSY BEE SLOW DOWN. **By Sally Farhat**

Two-year-old Samuel Weinstein loves to play on his swing set—for about 60 seconds, that is. “The next minute, he’ll ask me if he can help feed the dog. Shortly after that, he’ll want to play with a soccer ball, then it’s back to the swing set once again,” says his mom, Nicole, of Ballston Spa, New York. “It’s incredibly exhausting.”

Preschoolers are famous for jumping from one activity to the next. As frustrating as this can be for their parents, it’s actually a normal part of their learning process, as well as a

reflection of their healthy excitement about the world. Kids this age want to do anything and everything at once, but with your help, they can focus. Here’s how.

ENDLESS POSSIBILITIES

Think about the last time you were confronted with a lavish buffet. You wanted all the delicious food—the luscious lobster, the big chunks of cheese, the shiny cinnamon rolls—didn’t you? But hopefully, you tried to pick and choose. A child doesn’t have that kind of self-