



Ten minutes a day: building an Arabic habit at home

A realistic routine for busy families — no Arabic required from you.

● **Why little-and-often wins**

Short, frequent contact with a language tends to stick far better than rare long sessions — young memories consolidate through repetition. Ten relaxed minutes most days should quietly outperform a stressful weekend catch-up.

● **Anchor it to a moment you already have**

Habits survive when they attach to something fixed: right after dinner, just before the bedtime story, in the car on the school run. Same slot, most days. The trigger does the remembering so nobody has to.

● **A simple weekly rhythm**

Lesson days are covered — your tutor handles those. On two or three other days, run your ten minutes at home. One rest day with zero Arabic is healthy; guilt-free pauses are part of a routine that lasts years, not weeks.

● **The ten-minute menu**

Keep a small menu and let your child pick: trace one letter from the handwriting workbook, hunt three words in a word search, do the fridge-chart quiz, teach YOU today's word, or listen to one Arabic song. Choice keeps it feeling like play.

● **Make progress visible**

A paper calendar and a pen: one tick per Arabic day. Children love watching a row of ticks grow — and a missed day simply doesn't get a tick. No drama, no starting over, just carry on tomorrow.

● **When the wheels come off**

Sick week, school play, travel — routines wobble. Shrink the task rather than dropping it: even two minutes of one traced letter keeps the thread alive. Consistency over months is the real engine of a bilingual childhood.

