

## **Boost Your Child's Self Esteem & Independence**

- ✎ Expect your child to succeed in school.
- ✎ Give your child challenges that he/she can master.
- ✎ Let your child make choices.
- ✎ Hug your child—show your love. Tell your child you love him/her.

## **Protect Your Child's Health**

- ✎ Children should have regular check-ups by their doctor.
- ✎ Good nutrition is important. Children need to eat a variety of foods each day, including breads and cereals, fruits, vegetables, milk and cheese, meat, poultry, and beans. Help your child choose healthy snacks—fruit, yogurt, plain popcorn, and carrot sticks are all good choices.
- ✎ Be sure your child has received all the required immunizations. You and your child's doctor must decide what immunizations your child should have, and when.

## **Teach Your Child to be Safe**

- ✎ Be sure your child knows important information including first and last name, street address, parents' or guardians' names, and phone number.
- ✎ Choose the safest route to and from school or the bus stop. Walk it together several times pointing out crosswalks, sidewalks, traffic lights, and driveways.
- ✎ Create an emergency plan in case you cannot pick up your child on time. Make sure he or she knows who to call or where to go if you are delayed. Be sure to inform his or her teacher, too.



### **Westerville City Schools**



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## **Get Set For School!**



### **Ways Parents Can Help Children Get Ready to Begin School**

#### **Basic Skills** Teach your child to:

- use the bathroom.
- dress self (button, snap, and zip), tie shoes, get coat and boots on and off. If your child can't do any of these, consider elastic waists, T-shirts, shoes with Velcro, etc.
- take care of personal hygiene (blow nose, wash hands after using bathroom and before eating, and keep objects out of mouth).

#### **Hands-on Experiences** Some things you can do with your child are:

- visit places of interest (such as the airport, bank, parent workplace, library, zoo, aquarium).
- take walks in your neighborhood. Look at the plants, bugs, ants, etc. Look for shapes and colors.
- do things together in your house. Make Jell-O or cookies and let your child help measure. Fill the sink with water and let your child find objects that sink and float.
- provide lots of scrap paper, pencils, crayons, etc. so your child can draw, "write" and cut.
- minimize TV viewing. Read and do things instead!
- give your child opportunities for large muscle development (such as running, jumping, skipping, dancing, marching, swimming, and climbing) and small muscle development (such as playing with puzzles, crayons, finger painting, cutting, pasting, and blocks).

#### **Social Skills** Teach your child to:

- cooperate and get along with others.
- share classroom supplies and take turns.
- clean and put away items.
- remember and follow rules.
- listen without interrupting when someone is speaking.
- learn to get along with others by being with others. Make sure your child has a chance to be part of a play group, church group, classes, sports, etc. where he/she will learn to work with others.

#### **Language/Reading Readiness**

- Talk with your child: about what's happening, his/her feelings, television shows or movies, etc.
- Read to your child every day. Ask questions about the pictures and stories. Make reading fun.
- Show your child that reading and writing are important by showing that you read and write. Provide books and writing materials for your child to use.
- Encourage your child to speak in complete sentences.
- Teach your child simple directions.

Here are some **HOME HABITS** that will help your child at school. For example:

1. Putting things away.

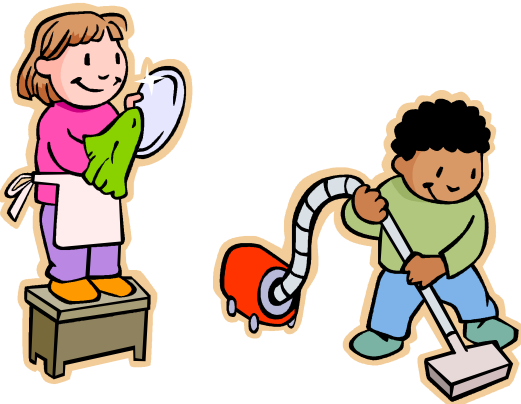


2. Learning to listen to others and follow directions.

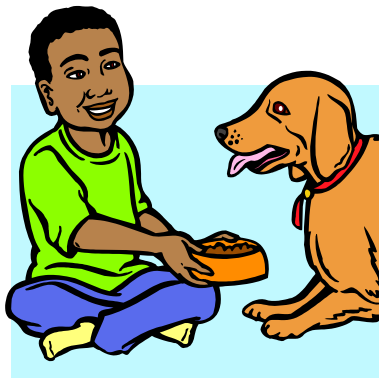


(Give only one direction at a time and check to see your child does what you ask.)

3. Doing simple household chores.



4. Getting along with and caring for others.



5. Sticking to a schedule. Set a time to go to bed, get up, rest, and play that fits school needs.



6. Dressing and practicing good personal hygiene habits. Your child should be able to tie shoelaces, fasten buckles and buttons, brush teeth, comb hair, take care of toilet needs, wash hands, and use a tissue to blow his/her nose.



Help your child **START** the school day...

well rested, well nourished, and dressed for the weather!

