

Southern Kern Unified School District



Helping Your
Elementary Child
Prepare for School-
Tips for Success

Introduction

- Getting Started
- Healthy Foundations
- How Skills are Developed
- What to do to prepare your child for the upcoming school year.



Getting Started

- Skills Necessary- Social, Thinking, Physical and Emotional
- A Learning Attitude- Curiosity, Cooperation, Motivation, Persistence, Empathy, and Self Control.
- Parent's need to be a positive role model of these at home.

Getting Started Cont.

■ Helping to build your child's self-esteem:

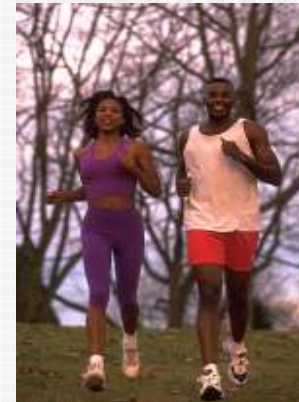
- Spend time with your child
- Talk with your child every day
- Help your child gain confidence
- Praise and encourage your child
- Know that mistakes are OK and teach this to your child



Healthy Foundations

■ Healthy Habits

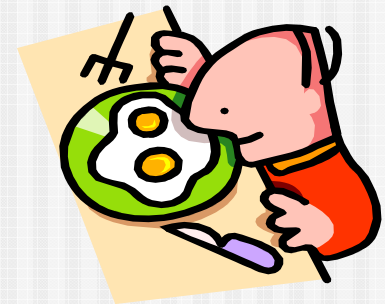
- Being active
- Getting enough rest
- Having good hygiene
- Regular medical care
- Teach your child safety tip



Healthy Foundations Cont.

■ Healthy, Balanced Diet

- Serve a variety of foods
- Serve lean, low-fat or fat-free items
- Serve lots of fruit and vegetables
- Serve whole-grain products
- Serve plenty of milk products each day
- Vary protein sources
- Don't over-serve
- Read Nutrition Facts labels



How Skills Are Developed

■ Language Skills



- Talking with your child often can teach your child valuable skills.
- Read to your child daily or have he/she read to you. Reading to your child develops language and vocabulary skills.
- Encourage your child to write things down. Reading and Writing are connected.
- Make a book log to record reading time. In the book log have your child write or draw pictures about what was read each time.

How Skills Are Developed

■ Math Skills

- Use numbers when you talk
- Show that math is part of daily life
- Find ways to encourage your child to Count, Add, Subtract, Multiply, and/or Divide just for the fun of it: counting the stairs in the house, helping to divide cookies evenly between siblings, etc.



How Skills Are Developed

■ Thinking Skills

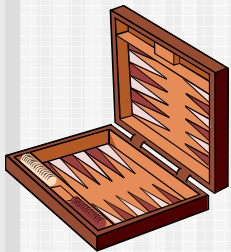


- Critical Thinking- Being able to compare by sorting and grouping things is a part of critical thinking. Have your child practice sorting and grouping things you find within in your home.
- Creative Thinking- Coming up with new ideas or looking at something in a different way are.

How Skills Are Developed

■ Playtime- Children learn and practice new skills through play.

- Join in- Sharing toys, games, and experiences with your child is a great way for him or her to learn.
- Encourage Imagination- Show your child the fun in creating games and make-believe.
- Get Moving- Physical Activity is important and is a great way to enhance skills

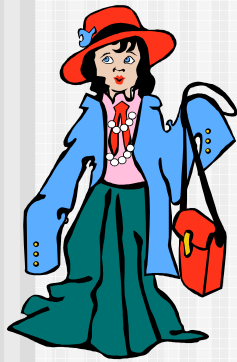


How Skills Are Developed

■ Make the most of all you do together!



- Doing simple chores can help boost your child's confidence and learn responsibility
- Group household items to see how they are alike and/or different- clothes, books, silverware, etc...
- Playing dress-up is a great way to boost your child's imagination



How Skills Are Developed

■ Make the most of all you do together!



- Growing plants will build curiosity and helps develop a sense of responsibility in taking care of them
- Turn off the TV and choose an activity that involves interacting with your child
- Play games with words, numbers, and colors
- There are opportunities to learn everywhere, so explore the world together

Preparing your child for the start of the new school year

- Natural Fears about Starting School
 - Encourage your child to express his/her fears and feelings. Then talk about them.
 - Reassure your child that everything will be alright.
 - Make sure to inform the your child's teacher or the school if your child has special concerns and ask for advice on how to address them.

Preparing your child for the start of the new school year

■ Make a Plan



- Know and discuss how your child will get to and from school. Write the plan down and put it somewhere your child can see. This will provide comfort.

■ Be Positive

- Talk about the fun things your child will be doing in school
- Walk or drive by the school to show your excitement

Preparing your child for the start of the new school year

■ Start a Routine in Advance

- Set a bedtime and wakeup time and stick to it.

■ Be ready the night before

- Have your child's lunch, clothes, and transportation plans ready



■ Arrive on time

■ Leave your child cheerfully on the morning of the first day

School Success Begins at Home

- You know your child better than anyone and will know how to get your child interested in learning and practicing skills.
- Start getting your child ready for and excited about the upcoming school year.
- Set a good example

Thank you for all that you do as a parent! You make a difference!



If you have specific school site questions, please contact the school your child attends. Thank you!