

# Tips for Beginning



*In just a few weeks your child will be ready to start Kindergarten. Please begin using this packet today to make sure that your child has a great start!*

1. *Back to Bed* - This tip is probably the most important. Most children's natural sleep rhythms are out of sync due to summer break. Begin a week or two ahead of time getting your child into the school week sleep routine. By the time school starts, s/he will be well rested and slipping back into a natural pattern. If your child is still taking naps, please phase them out now as they are not part of our Kindergarten day.
2. *Healthy Snacks* - Allow your child to choose healthy snacks. In school, we encourage students to bring in healthy snacks such as fruits and vegetables because it improves their ability to focus and learn more effectively.
3. *Decreasing Screen Time* - A national study revealed that an average child watches five hours of television a day. Now is a great time to start cutting the television/video game time in half and encouraging your child to pick up a book or a pencil!
4. *Familiarity with Environment* - For some children this will be their first time at the school. It can be very beneficial to take your child to their Open House to see his/her classroom and to even play on the playground some time.
5. *Talk to your Child* - Take the days leading up to school to sit down and talk to your child about any fears s/he may be feeling with beginning school. Letting children know that you will support and love them no matter what, and you are sure that they will do their very best can be very comforting. Most of all, just listen to his/her feelings as the big day approaches. 😊