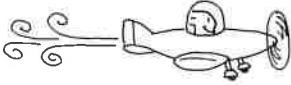


Early Years

WORKING TOGETHER FOR A GREAT START

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Prince Edward County Public Schools
Dr. Julie Gilliam, Exec. Director of Instruction



KID BITS

My accomplishments

Children with good self-esteem tend to have an easier time building relationships and solving problems. Boost your little one's confidence by showcasing her accomplishments. When she sees her art on the refrigerator or her framed certificate stating that she learned to swim, she'll feel proud.

Communicate with the teacher

Share information about your youngster with his teacher. You might send a note letting her know that he enjoys the building-block center or has seasonal allergies. Information like this helps the teacher get to know him better and keeps the lines of communication open.

It's okay to be messy

Let your child wear clothes to school or for play that she won't mind getting dirty. Avoid scolding her if she comes home a little scruffy—that means she played and worked hard! Children are more likely to explore and experiment if they aren't worried about staying clean.

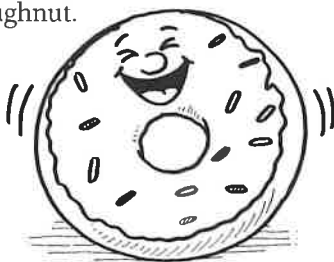
Worth quoting

"Imagination is the highest kite one can fly." *Lauren Bacall*

Just for fun

Q: What has no beginning, no end, and nothing in the middle?

A: A doughnut.



Excited about school

Starting a new school year is exciting, but it also brings a little uncertainty for young children. A few simple strategies can make your youngster eager to head to class and comfortable once he's there.

Cheerful goodbyes

It's normal for your little one (and you!) to have some separation anxiety. Set a positive tone for his day with an upbeat goodbye routine. For instance, invent a secret handshake that ends with a hug. Or give him a high five, and say, "See you later, alligator." He responds, "After a while, crocodile." You could even make up your own rhyme using different animals.

The friendship factor

Having friends to play and work with helps children look forward to school. Pretend to be your youngster's classmate, and role-play getting to know each other. He might say, "Hi, my name's Max. What's yours?" You could reply, "Hi, I'm Mary."



Do you like soccer?" Then, foster his developing friendships by arranging get-togethers outside of school.

After-school chats

Your attitude about school is contagious. If you're excited to hear about your child's day, he'll view school as an adventure to share with you. In the car or during dinner, prompt him with questions that need more than a yes or no answer. *Examples:* "What was the best part of school today?" or "What story did your teacher read?"♥

What to expect

Youngsters feel more secure and react better if they are prepared in advance for changes. Help your child with these tips:

- Tell your youngster about a schedule change ahead of time. You might say, "Tomorrow, Aunt Anna is picking you up from day care because I'm working late." Give plenty of reminders. For instance, mention the plan at breakfast and again when you drop her off at school.

- For challenging situations, such as a dental visit or a new sibling, knowing what to expect will smooth the way. Let your child play dentist with a stuffed animal "patient," or read a library book about welcoming a new baby.♥



