

JULY

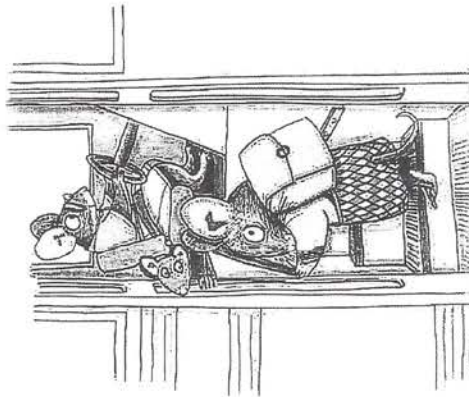
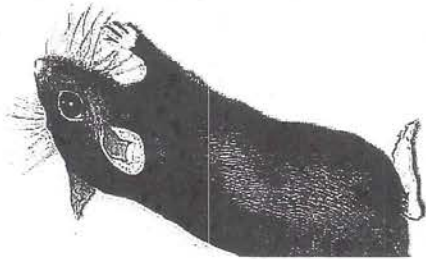
"There are only two lasting bequests we can hope to give our children. One is roots; the other, wings."

— Hodding Carter

Saying Goodbye at the School Door

A little bit of preparation during the summer will make your child's first days of kindergarten comfortable ones.

- Leave your child for short periods of time with other adults. When you return, tell your child how proud you are that he/she stayed there without you. Talk about what they did and explain how this will be similar to kindergarten.
- Visit your child's school before school starts. Talk about things you see such as the playground or the size of the building. Tell your child how excited you'll be to hear about school each day when he or she comes home.
- Decide together, how you will say goodbye to each other. Create a ritual that you can do together everyday. It might include kisses, hugs or waves.
- Ask your child's teacher how children who miss their parents are comforted during the day. Talk with your child about how he or she can find comfort. Give your child a family picture that can be kept in the backpack or think of something special he or she can remember to tell you at the end of the day.
- Read books to your child that talk about starting Kindergarten.
- Take your child to Kindergarten Orientation, if offered. Some schools have this opportunity to meet the teacher, see the classroom, and possibly experience a ride on the school bus.
- Identify other children who will be in your child's kindergarten class and try to arrange for them to play together throughout the summer months.
- Start a school routine. Practice going to bed early, waking up early, eating a healthy breakfast. Lay out clothes and pack the book bag before to avoid conflicts before school.



Me Book

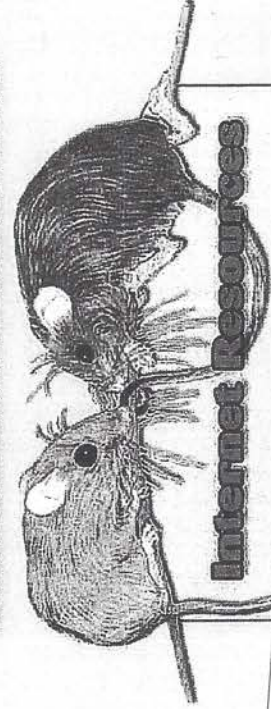


Ask your child to try to write his/her name on the paper and then decorate the page around

it. Label the page, "My Name". Date it and save.

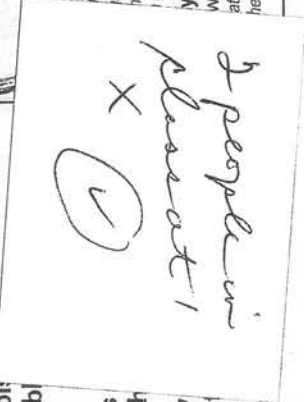


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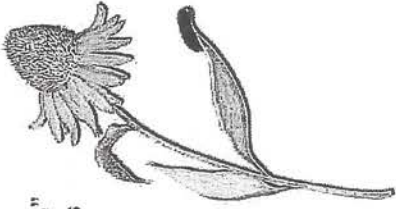
Internet Resources

National Resource Center for Health and Safety in Early Childhood Care and Early Education
www.nrc.uchsc.edu
 Recommended for parents, Healthy Kids, Healthy Care contains 34 key facts and safety practices for parents and families to look for when evaluating and choosing child care/early education programs.
 Early Childhood Education Linkage System (ECELS)
www.paeap.org
 A statewide project to improve children's health and safety by linking health professionals with the staff of early childhood programs.



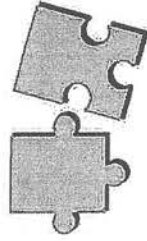
A Week of Activities!

- ☺ Give your child household props to play "grocery store" or "doctor's office."
- 👤 Invite one of your child's friends to visit. Let them play "store" using play money and some safe items in your home such as cans of food or cereal boxes, books or magazines or videos.
- 👤 Help your child learn his/her phone number and address. Make the words into a song or poem so it is easier to learn.
- 👤 Look for insects in your yard or playground. Use a clear container to make a bug house and put the insects inside, along with small pieces of grass and sticks. Talk about how the bugs look and what they might eat.



A Week of Activities!

- 👤 Make a puzzle with your child. Cut a picture (from a magazine or an old calendar or photograph) into 4-6 pieces. Together, put the pieces together.
- ☺ Take your child to the park. Encourage him/her to play on the slide or swings. Then, ask "what did you do first, what did you second?"
- 👤 Go outside to look at the building or home in which you live. Ask your child to describe it. Is it an apartment or a house? What color and number is it? Does it have a front yard or stairs or a fence? How is it the same or different from the other homes or buildings on your street?
- 👤 Choose one of your child's favorite songs and sing it together. Then, change the ending to make it silly. Sing again.



Check these out!

- Hot City** by Barbara Joose
- Pop! A Book About Bubbles** by Kimberly Brubaker Bradley
- Fire Truck** by Peter Sis
- Wemberly Worried** by Kevin Henkes
- Tacky the Penguin** by Helen Lester
- Owl Babies** by Martin Waddell

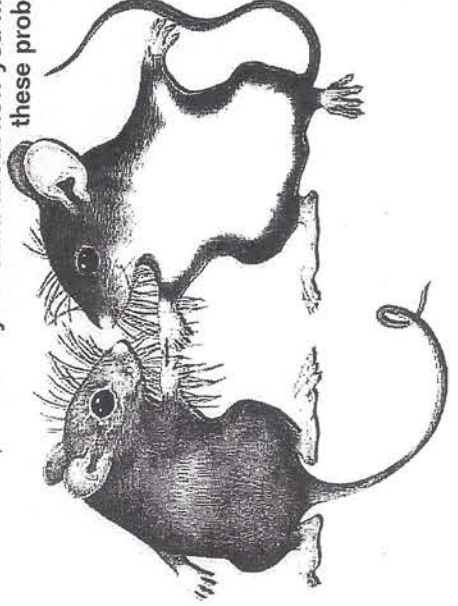
A Week of Activities!

- 👤 Sort toys and objects with your child by the beginning letter. Tell your child, "Let's put all the things that start with 'C' together...car, candy, can."
- 👤 Play "Toy Parade". Line up different toys and ask your child to point to the one that is first or second. Point to the one that is last.
- 👤 Make a sculpture with play dough and objects you find around the home. Put it somewhere safe to dry.
- 👤 Play "Moving Questions." Ask your child questions like, "How many ways can you balance yourself besides standing?" "How many different ways can you move your arms? Your head? Your legs?"



A Week of Activities!

- 👤 During your child's doctor or dentist visit, talk about what these professionals do and explain why it's important to have regular check-ups.
- 👤 Select a few of your child's favorite books and put them in a bag. Ask your child to guess which book is in the bag by giving clues about the characters or the story. "I have a book in the bag that is about a cookie man. This cookie runs away." (Gingerbread Man)
- 👤 Go outside on a warm night. Look at the sky. Talk about things that are found in the daytime or the nighttime sky. (Sun, stars, moon, clouds, birds, airplanes, etc.)
- 👤 When your family is experiencing conflict or tempers flare, talk with your child about how you might solve these problems.



☺	Approaches to Learning
👤	Creative Arts
📖	Language and Literacy
📐	Logical Mathematics
👤	Personal Social
🍏	Physical Health
🔍	Science
🏠	Social Studies