

STEPS TO GETTING READY FOR SCHOOL



When summer is coming to an end, it's time to get ready for a fabulous new school year.

Here's how!

Set up routines



Creating rise and shine mornings

decide on essential tasks

give yourself enough time

lay out supplies or outfits the night before

eat a good breakfast at home or at school



Essentials for good night time routines

a consistent bed time



get-ready-for-bed activities

a calm down routine



Soft landings after school

have a snack

talk about the day

have some "quiet time" before homework

Prepare for the big day

Talk to your child about what to expect at school.
"We will walk to your class and meet your teacher, and you can put your things in your cubby....."



Read books about school

Books can help children learn what school might be like and how other students feel about it.



Create happy goodbyes

Have a special wave or signal or give your child something to take with them to remind them of you.

Get involved at school



Volunteer in your child's school.

Teachers will really appreciate the help.



Talk to you child every day about what they are doing in school.



Teacher



Principal



School secretary



School counselor

Meet the school staff so you know who to talk to if you have a question or a concern