

## STARTING SCHOOL

We are looking forward to the beginning of your child's enrollment at Kinder Haus. You may be wondering, "What can I do to make this transition as smooth as possible?" Here are some suggestions we have put together for you:

- Provide your child with opportunities to separate from you if they have not previously been in childcare settings.
- Encourage your child's ability to nap (fall asleep) without a parent. Regulate weekend/non-school-day routines so your child is used to waking up, eating breakfast and dressing at the same time each day as if they were attending school. Although sleep needs vary, by observing your child's temperament in the mornings you can adjust bedtime accordingly. If a child is cross and does not eat well before coming to school, they are not likely to be happy (twelve hours per night is recommended by Dr. Morris Fishbein, The New Illustrated Medical and Health Encyclopedia.)
- At Kinder Haus your child will receive a snack about 9:00 a.m., and lunch will begin between 11:00-11:45 a.m. Is this compatible with your home routine?
- Rest time will begin after lunch— Children under age four will be offered a daily rest time of at least 75 minutes. Children ages four and older may be offered "quiet work time" after resting for 30 minutes. Is this compatible with your home routine?
- Drive by frequently, if possible, to let your child see his/her "new school". Talk about the playground, the garden, new friends, etc.
- Provide clothing that is EASY for your child to pull up or down while toileting so they are not frustrated. For ease in diapering, please use clothing with snap bottoms.
- If your child is toilet trained, teach your child to go to the bathroom independently while at home, so they don't associate toileting with you being there. Show them how to use an appropriate amount of toilet paper to properly wipe. Encourage them to flush the toilet. (Put seat up/down as needed)
- Please *insist* upon proper hand-washing EVERY TIME your child uses the bathroom. This is the most important factor in keeping germs from spreading from child to child.
- Practicing hand-washing before eating, and eating seated at a table are good habits to encourage.
- To help your child develop "listening ears," give simple directions at home, i.e., "Please stay seated until you are excused," or "Please put this toy back on the shelf now."

***5 Topics to further research: Separation Skills, Routine (includes proper rest and food), Preparation for a New Environment, Toilet Training, and Following Directions***