

# Ways To Help Your Child At Home

1. Make sure your child gets a good night's sleep and encourage them to eat a healthy breakfast. Be sure you get your child to school on time each day.
2. Dress your child in practical school clothes. Soft-soled, athletic shoes are best for physical activity. Don't inadvertently limit your child's growth and experience with shoes and clothing that are too dressy for hard play.
3. Please send healthy foods for snacks and lunches. For example, sliced apples, carrots, crackers and juice. Try to avoid snacks such as soft drinks and candy. It is important to encourage your child to eat a balanced meal.
4. Show enthusiasm for your child's school-work and find a place to display some of it. Talk with and listen to your child Ask them questions about the work they brought home and about their day. Try to avoid yes/no answers. For example, "Tell me the best part of your day," Tell me how you would have changed your day," and "What did you learn in Math?"
5. Read to or with your child, EVERYDAY!! Get a library card for your child and use it often. Look for easy reading books, books for you to read aloud and books on topics that interest your child. Take your child to a children's bookstore for author visits or an occasional book treat.
6. Furnish the following supplies to help your child master their fine motor skills: paper, scissors, pencils, crayons/markers, alphabet/number chart and glue/paste.
7. Always review all school communications and stay in contact with the teacher.
8. Teach your child: full name, address including zip code, phone number including area code, how to tie shoes, how to tell time, coins and their values, how to use a calendar. Don't be afraid of teaching your child the "wrong way": you are already your child's most important teacher. I will be very happy to help you with suggestions.
9. Provide a quiet place and time to study and do homework.
10. Give your child responsibilities that are age appropriate.