



Beyond the School Supplies



School readiness is more than just making sure school supplies are ready to go and book bags are packed.

Children begin their journey to be ready for school early! From helping children to fall asleep on their own, to holding a spoon during lunch time, to sharing toys and books; it all connects to supporting their growth (physically, emotionally and cognitively). Caregivers can use these tips to promote school readiness for children in their lives:

Address everyday needs. Focus on helping children get enough sleep and eat healthy.

Encourage social and emotional development. Provide words for identifying feelings and emotions - match a child's emotion during discussions about school, such as using enthusiasm when your child is excited.

Practice active listening. Engage in back and forth conversations with your child.

Establish rules. Talk about expectations and explain the reasons behind them.

Helping children prepare for school begins early! Reach out to your child's new school and find out what activities they have planned that are focused on supporting new students. Emotions can run high during this transition but with a little patience the highs and lows can be balanced.

