

GETTING READY FOR
PRE-K & KINDERGARTEN!



LUNCH

We love to eat with our friends and family!

As you prepare for the start of school, below are some things that might need some practice before the first day:

- Eating in 20-25 min
- Opening / closing containers and lunchbox independently
- Eating own food (no sharing)
- Staying seated



LUNCH CONT.

- Talk to them and let them know it is okay if they don't eat everything.
- Let them practice independently packing up after eating and carrying trash in one hand to trashcan and lunchbox in the other
- Great article with tips:
<https://www.workspaceforchildren.com/blog/2018/9/4/how-to-prepare-your-child-for-a-successful-lunchtime-at-school>

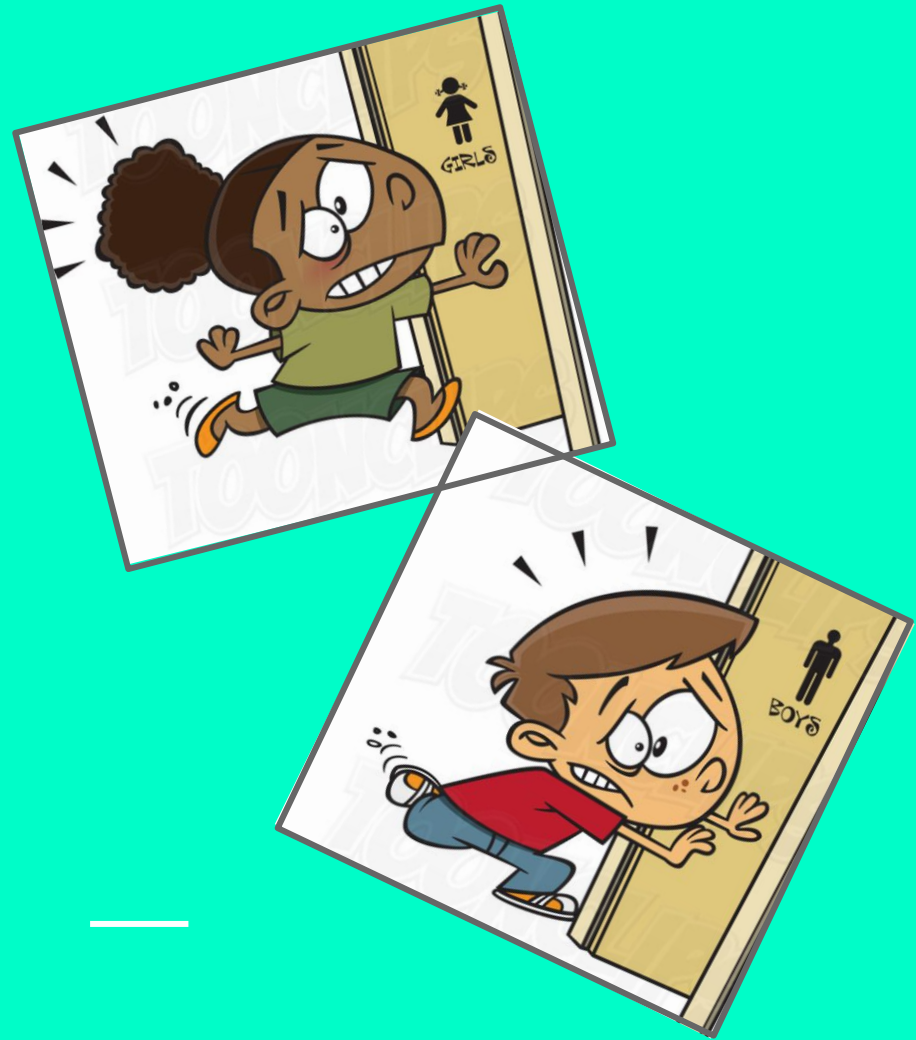


RESTROOM

With water readily available throughout the day, trips to the restroom can be quite frequent!

To support independence, make sure your child is able to:

- Ask when needing to use the restroom
- Use the restroom independently
- Wipe by themselves
- Wash hands independently
- Familiarity with how to use urinal (boys)



NAPS

Time to reset and prepare for the next bulk of our day is so important. In PK and Kindergarten this will look a bit different than some are used to. To help with this transition, we suggest gradually shortening your child's nap time before the start of school to about 20 min.

Kinder: No set rest time, but will have opportunities to recharge through brain breaks and other calming activities

PK: We will have a 20 minute rest time



CAR SEAT BUCKLES

To help minimize traffic and keep everyone safe, we ask that you stay in cars when using the carpool drop off lane.

Have your child begin to practice buckling and unbuckling themselves to help with drop off and pick up!



BEDTIME / MORNING ROUTINE

Transitioning to a new routine can be difficult. Take a peek at some ideas below to help prepare for this transition!

- start to gradually move back bedtime
- Practice morning routines
- Have a "dry run"--walk to bus route, drive to school and visit the carpool lane, if walking, practice this route to plan for adequate time.



WE ARE SO EXCITED
TO MEET YOU!