

Prepare Your Child for School



Read, Read, And Read!

- 20 minutes of reading or being read to per day
- Take advantage of printed books from libraries



Ask Your Child Who / How Questions To Describe Their Day, A Show They Watched Or A Book They Have Read

- Who did it?
- What did they do?
- How did they do it?
- Where did they go?
- Why did they do it?



Create Consistent Routine And Schedule

- Bedtime
- Wake up
- Mealtime
- Playtime
- Study / reading time



Count Wherever You Go!

- Count the tiles on the floor
- Count items as you take them out of the grocery cart
- Count clothes as you put them away
- Count cars you drive by
- Count different quantities of pennies, writing utensils, toys or other items



Help In A Child's Social-Emotional Health

- Help them understand their own feelings
- Have them describe how they feel
- Try to label their feelings - sad, angry, scared, tender, excited, happy





Improve Their Motor Skills

- *Fine Motor skills* - using small muscles, such as fingers and hands, with the eyes
 - Writing or drawing with different writing utensils (pencils, crayons, markers, paintbrushes)
 - Cutting out shapes or pictures with scissors
 - Organizing small objects by color
 - Removing lids of various objects then putting them back on
- *Gross Motor Skills* - involves large muscles of arms, legs, and torso
 - Unstructured playtime to climb, run, jump, slide
 - Throwing a ball
 - Picking up bigger objects



Give Your Child Two-Step Instructions To Follow

- Count to 10 and pretend to tie your shoe
- Shake your head “no,” then say hello!
- Stand up and then jump two times
- Nod your head yes and say your favorite color



Don't Forget Your Child's Wellness Visits!

- Regular "well child visits" are often covered by insurance
- These visits can provide insights about developmental milestones including behavior, immunizations, and sometimes vision & hearing screenings
- For more information check with your family pediatric provider



Help Them Be Independent

- Dress themselves
- Brush their own teeth
- Use the restroom by themselves
- Blow their nose
- Feed themselves
- Tie their shoes
- Pack their lunch



Child Care Providers- Your Help Is Needed, Too!

- Provide a variety of transitions during the day
- Have both structured and unstructured playtime
- Incorporate as many of the above items as possible into the child's day

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www.impacteastidaho.com