

Success At School



If your child is having trouble separating from you, consider sending a family photo to school or another small item that will bring comfort to your child.

Routines are an important opportunity for learning.

Consistent routines are activities that happen in the same way at about the same time every day.

Routines

- help children cope with transitions
- support children's social skills
- guide positive behavior and safety
- reduce power struggles
- help children learn self-control



For additional ideas about preparing your child for preschool please contact:

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TIPS TO MAKE THE FIRST DAY OF SCHOOL A GREAT ONE

GET PLENTY OF SLEEP- YOUR CHILD SHOULD BEGIN GOING TO BED AT A REGULAR TIME A WEEK OR TWO BEFORE SCHOOL STARTS. THIS WILL ENSURE A ROUTINE IS IN PLACE BY THE TIME SCHOOL STARTS. PROFESSIONALS SAY A 3-5 YEAR OLD NEEDS 10-12 HOURS OF SLEEP PER NIGHT.

HEALTHY EATING- ENSURE YOUR CHILD HAS A HEALTHY MEAL BEFORE SCHOOL. IT SHOULD INCLUDE AN ITEM FROM 3 -4 OF THE 5 FOOD GROUPS. IF YOUR CHILD BRINGS A LUNCH BOX, BE SURE TO PACK IT WITH HEALTHY FOOD CHOICES.

CREATE INDEPENDENCE-SEND YOUR CHILD TO SCHOOL IN CLOTHING THEY HAVE MASTERED ON THEIR OWN (ELASTIC & VELCRO). BE SURE YOUR CHILD CAN OPEN ALL ITEMS IN THEIR LUNCH BOX WITH LITTLE HELP.