



Let's get ready to go back to school with these tips picked just for you!

Create a picture schedule: Picture schedules are commonly used in preschools so children will be able to predict and understand their day. It also helps calm them as they can visually see what comes next in their day and when mommy/daddy are coming to pick them up. You can create your own picture schedule at home! Take a picture of your child getting dressed for school; eating their breakfast; brushing their teeth; getting in the car; and so on. Include photo of them in their classroom, getting picked up, and their nighttime routine. Your child can refer to these photos every day to prepare them for exactly what to expect!

What will you wear to school?: It is tempting to want to send your child to school in their cutest clothing but don't forget, PLAY is a child's work! They are more than likely going to spill paint, get dirty, and wipe food on their clothes at school so why not let them pick out what they want to wear?? Maybe go to their favorite store before school starts and let them pick out some items that reflect their favorite book or television characters or their favorite colors! Maybe even let them get a costume or two that they can wear on special days at school (check with the teacher, of course!) Having ownership of what they get to wear will make them excited to get dressed for school!

Nice to meet you: Trace and cut out your child's handprint on different colored construction paper. Let them color the hand and then you write the words, "Nice to meet you!!" Sign your child's name and tape a lollipop on each hand. On the first day of school, have your child go up to each classmate, shake their hand and say "nice to meet you!" and then give them the cutout of your child's hand with the lollipop. What a nice way to greet new friends!

Good night, sleep tight: Every school night, tuck your child into bed and have them tell you something they can't wait to do at school the next day! This will give them something to look forward to waking up and doing when they go back to school!

Created exclusively for Books By The Bushel, LLC by Pamela B Connor, Ed.D