



Getting Ready for KINDERGARTEN



2020

HS Transition Bulletin, Number 5

PARENTING CURRICULUM RESOURCES

A child's school success depends on a good relationship between parents and the school.

If there is a problem, parents must look for a solution, as they have a right and a responsibility to solve it in order for the rights of the child and the parent to be respected.

Parents must get involved in their child's education and work in partnership with other parents, teachers, and school staff to support children every step of the way. Working together, parents can make systems, such as the educational system, responsible for providing children with equal and quality education that helps children take better advantage of resources available in their local school.

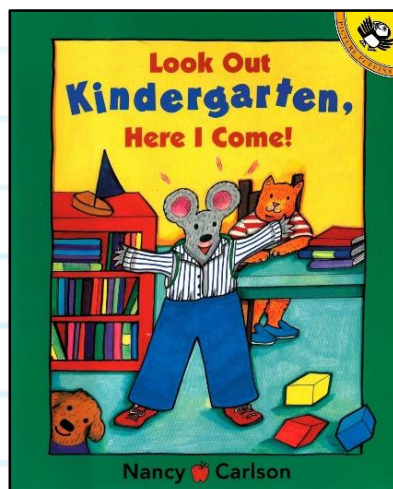
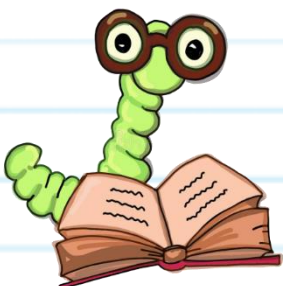
Abriendo Puertas Participant Handout: Educational Rights



SECOND STEP

Look Out Kindergarten, Here I Come!

By Nancy Carlson



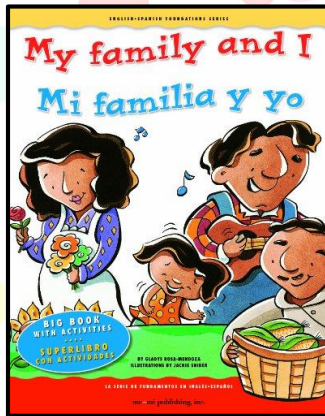
As your child prepares for the new school year, he/she might face new stressors.

Talk to your child about any strong feelings they might have about the upcoming changes (a new classroom, meeting a new teacher, making new friends, being away from parents).

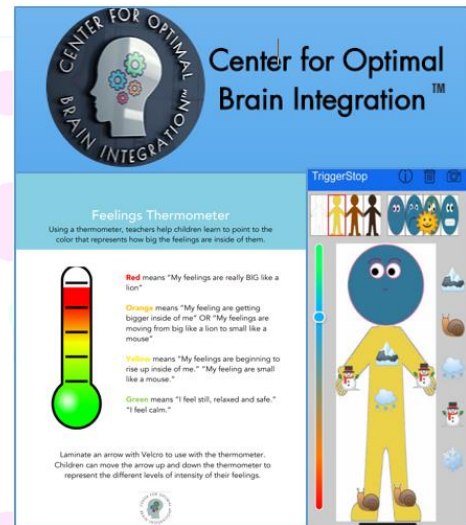
Use the [Second Step How to Calm Down Poster](#) to remind your child how to identify a strong feeling and take deep belly breaths to calm down.

VIRTUAL BOOKSHELF

My Family and I By Gladys Rosa-Mendoza



TRAUMA-INFORMED RESOURCE



HOME-BASED CURRICULUM: PARENTS AS TEACHERS (PAT)

For Parents: Sleep

Consistent, predictable bedtimes and sleep routines give children a sense of stability and comfort and reduce stress on you and your child. A good night's rest strengthens physical and cognitive abilities including memory, reasoning, and problem solving skills.

Improve sleep quality for your child by:

Head
Start

- Give your child a sense of security by allowing them to share a room with a sibling
- Respond to nightmares with reassurance, as you do with any scary situation
- Transition to separate beds--gradually move the child's sleeping location further from your bed and check in on your child at increasingly longer time intervals

At ages 3 to 6

- Children need 11 to 13 hours of sleep
- Some children transition out of naps at this stage
- Most children attending a preschool will benefit from daytime naps to support their growth and development

Tips for Home Visitors/Educators

Home Visitors/ Educators can share this Parent Educator Resource for families to help children transition to school – Help families get back on track.

Rested Up for School

The start of the school year can really throw off your child's sleep schedule. Because your child learns best when she is well-rested, the sooner you can get her back on track, the better.

Being under stress makes it harder for all of us to fall asleep and stay asleep. And even if your child is excited about school, adjusting to the new routines and surroundings can be stressful.

Many parents expect their child to phase out of naps during preschool or kindergarten. However, giving up naps during the first few weeks of preschool or kindergarten can disrupt your child's sleep schedule just when she needs it the most to be a healthy, happy learner.

For most children, the need for extra sleep during this transition lasts well into the first month of school.

Sleep issues when school starts

Your child might:	What's happening and how you can help:
Be drained from the intensity of the school day.	<ul style="list-style-type: none"> > Give her quiet time to relax and rest after school. > Plan your schedule so she will be in bed on time every night, especially during the first few weeks.
Start complaining about new fears at bedtime or having nightmares.	<ul style="list-style-type: none"> > Your child might have new worries as she adjusts to school. Reassure her that she will be OK. Read books about going to school. > Comfort her when she has nightmares.
Resist going to bed.	<ul style="list-style-type: none"> > Children who are overtired can have just as much trouble falling asleep as children who aren't tired. Try to give your child extra rest time during the day. > Consider beginning an earlier bedtime routine.
Wake up more often at night.	<ul style="list-style-type: none"> > Many children wake up several times per night at this age, but usually they fall asleep again on their own. If your child isn't, it may be because she is more tired than usual.



CREATIVE CURRICULUM

For Parents: Rhyming

Play Learning Game #194

Rhyming

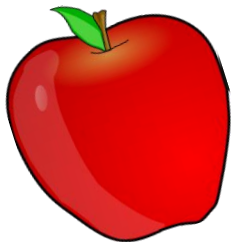
Head
Start

Read stories or nursery rhymes to help your child distinguish rhyming words as these develop language skills and phonemic awareness which will help him or her when in kindergarten and beginning to read and spell words.

The Creative Curriculum Learning Games Copyright 2007 Joseph Sparling

Say a nursery rhyme such as Humpty Dumpty.

Recite it together correctly several times, then say the wrong ending, such as "Humpty Dumpty sat on a wall, Humpty Dumpty had a great tumble." Your child can correct you with the word "fall," and when they do say, "Oh yes, you're right! It's wall, fall, not wall tumble!"



Educator Activity: The Foundation (Creative Curriculum for Preschool vol. 1, pg. 100)

The preschool teacher's role in promoting phonological awareness is to draw children's attention to the separate sounds of spoken language through playful songs, games, and rhymes. Sing songs and read books which extend the focus on phonological awareness.

A great one is "Down by the Bay" by Raffi

He sings:
*"Down by the bay,
where the watermelons grow,
back to my home,
I dare not go,
for if I do,
my mother will say,
Did you ever see a goose,
kissing a moose?
Down by the bay!"*

Look for similar songs which play with language.

Record observations in DRDP measures LLD 2- Responsiveness to Language, LLD 5, Interest in Literacy, and LLD 8, Phonological Awareness.

Join our online community and stay in the know! Keep up to date with all the activities, news, and resources relating to LACOE Head Start & Early Learning Division by following us on our social media platforms. For any further information, please contact us at (562) 940-1770,

HS_Resourcecenter@laoe.edu.

