



# Getting Ready for PRESCHOOL



2020

EHS 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.

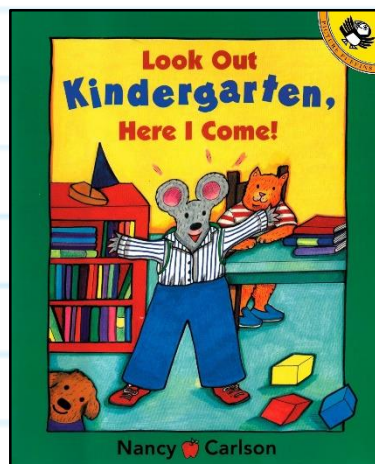
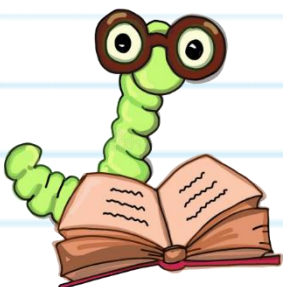
## Abriendo Puertas Participant Handout: Educational Rights



## SECOND STEP

### Look Out Kindergarten, Here I Come!

By Nancy Carlson



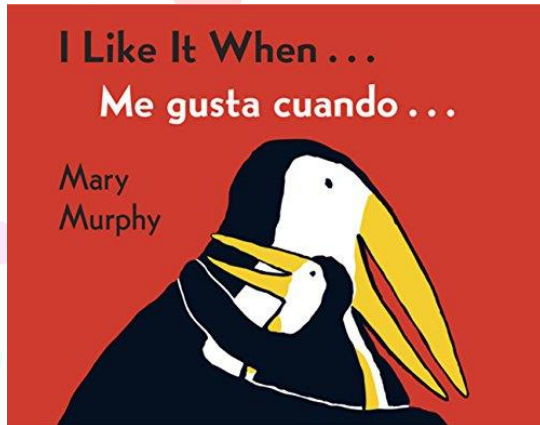
As your child prepares for the new school year, he/she might face new stressors.

**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).**

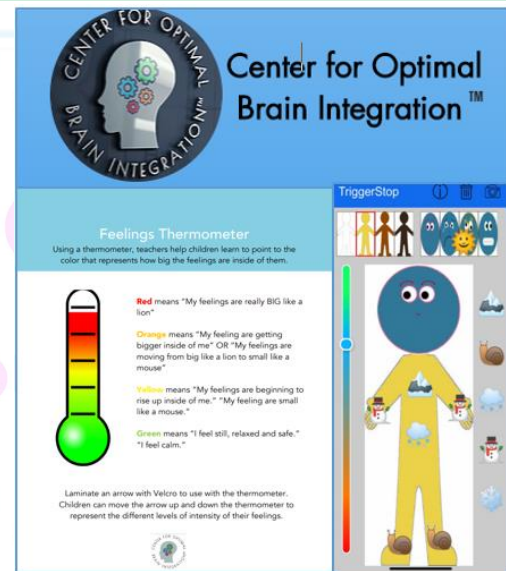
Use the [Second Step How to Calm Down Poster](#) to remind your child how to identify a strong feeling and take deep belly breaths to calm down.

## VIRTUAL BOOKSHELF

### I Like it When..... By Mary Murphy



## TRAUMA-INFORMED RESOURCES



## HOME-BASED CURRICULUM: PARENTS AS TEACHERS (PAT)

### For Parents: Sleep

Getting enough sleep contributes to healthy brain development. Sleep affects daily functioning as well as physical and mental health in both children and in adults too.

A regular schedule with a nurturing bedtime routine will help your child gain an inner sense for when and how to fall asleep.

### Ensure your child gets enough sleep:

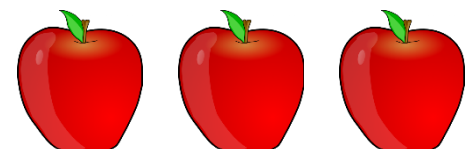
Early Head Start

- Nighttime waking is normal
- For first 3 months: Babies are not expected to go through the night without feedings.
- Babies should be put to sleep on their backs until age 1
- Toddlers: Parents may notice emerging individual sleep patterns.
- Around age 2: Nightmares may develop as your child's memory increases.

### Tips for Home Visitors/Educators:

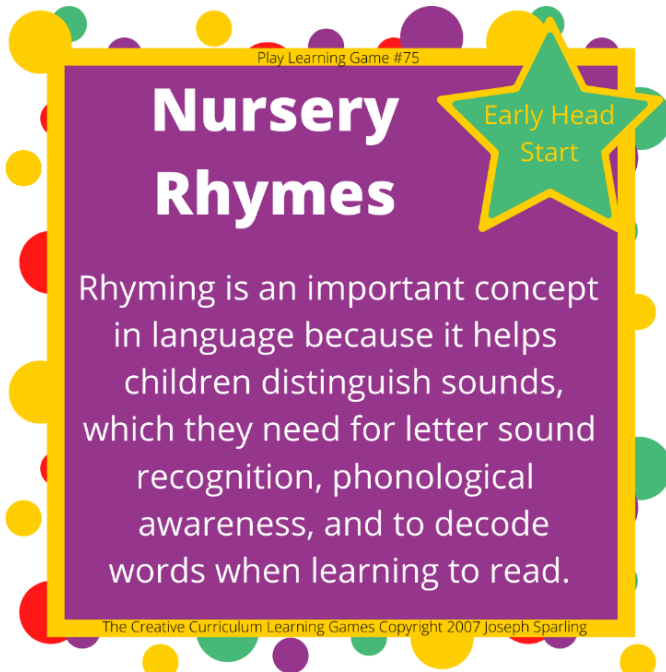
**As parents evaluate their toddler's sleep needs and preferences, home visitors/educators can use a few of the following questions as prompts for discussion during the home visit:**

1. How has the schedule for napping changed?
2. Is your child generally sleeping through the night?
3. Are you usually able to maintain consistent nap and bedtime routines?
4. Have you noticed your child having any nightmares?
5. What objects (like blankets or stuffed animals) and routines does your child find most relaxing before going to sleep?



## CREATIVE CURRICULUM

### Parent Activity: Play Learning Game #75!



The more we “play” with language when young children are developing those key language skills, the more we are supporting pre-reading skills.

**Children will have a smoother transition to preschool, where they learn more language concepts, if we sing, have conversations, and read many different things including nursery rhymes beginning when they are very young.**

### For Educators: Routines and Experiences (*Creative Curriculum for Infants, Toddlers, and Twos*, vol. 2 pg. 113)

Books with word play or refrains are especially good for small-group reading. You can help twos enjoy books by reading stories in ways that engage their emerging sense of humor.

**Rhymes, songs, chants, and stories are important for language development and set the stage for the more complex concepts children will learn in preschool.**

- Switch words or play with words in silly ways.
- Introduce nursery rhymes and encourage parents to say nursery rhymes they remember from their own childhoods, in English and other languages.

*Document observations under DRDP measure LLD 2 Responsiveness to Language and LLD 5 Interest in Literacy.*



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@lacoedu.edu](mailto:HS_Resourcecenter@lacoedu.edu).

