

Back to school
Nursery Parents Help Guide



WHAT'S FOR BREAKFAST?

Set your child up for a successful day with a healthy breakfast!

DID YOU KNOW?

The bodies of young children need to refuel each morning for the day ahead after going without food for 8 to 12 hours during sleep.

Without a proper breakfast, your child may feel tired, restless, or irritable.

These feelings can lead to decreased attention and energy necessary for learning.



BREAKFAST IDEAS

- ✓ Whole grain cereal + banana



- ✓ Egg + turkey bacon



- ✓ Yogurt + banana



BREAKFAST CHOICES

When it comes to young children and eating breakfast, it's important to provide foods that are rich in whole grains, fiber, and protein while low in added sugar.

These foods may help boost your child's attention span, concentration, and memory — which are necessary for optimal learning.

Doughnuts and breakfast pastries are high in calories, sugar, and fat. These types of foods don't contain the proper nutrients necessary for young children to start their day off right.

Children who eat a healthy breakfast are more likely to get the fiber, calcium, and other important nutrients they need in their diet. They are also more likely to keep their weight under control, have lower blood cholesterol levels and fewer absences from school.



LET'S READ!

Did you know that reading aloud is the single most important thing you can do with your child to support language development and early literacy skills?

WHY IS IT IMPORTANT?

Reading aloud:

- ✓ Builds motivation, curiosity and memory
- ✓ Helps calm children experiencing stress or anxiety
- ✓ Introduces children to new ideas, words, and vocabulary
- ✓ Creates positive feelings about books and reading



WHEN TO READ

Research shows that reading aloud to your child **at least once a day** can help build crucial language and literacy skills.

Bedtime is the perfect time for

reading aloud because

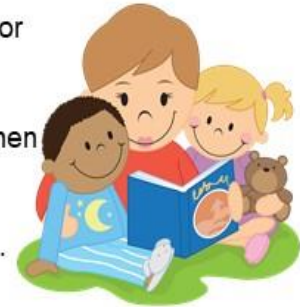
it can be calming for

the child. Reading

also helps strengthen

the bond between

you and your child.



WHAT TO READ?

Read books about things your child likes. Does your child like dinosaurs? What about horses or princesses? When you involve your child in the process of selecting the books you will read together, your child will be more likely to enjoy listening to the story.



READING TIPS

Incorporate these simple tips below to help your child get more out of the reading experience:

- ✓ Point to the words as you read them.
- ✓ Encourage your child to join in when reading familiar stories.
- ✓ Read your child's favorite stories often.
- ✓ Talk about the pictures





READY TO WRITE



Did you know that before children can write they need to strengthen the small muscles in their hands necessary for writing?

FINE MOTOR SKILLS

Fine motor skills involve the small muscles of the body. These small muscles need to be developed because they are required for more advanced tasks such as writing, grasping small objects, and fastening clothing. When we refer to fine motor skills in the context of handwriting, we are typically referring to the small muscles in the hands and fingers used for writing.



WHY IS IT IMPORTANT?

Young children benefit from daily practice to help develop fine motor skills in their fingers and hands. Children should have strength and dexterity in their hands and fingers before they can be expected to hold a pencil, or even master writing letters, children should develop the strength and dexterity in their hands and fingers to successfully accomplish these tasks without frustration or anxiety.

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PRACTICING READY TO WRITE SKILLS



Play with play dough.



Use a rolling pin to roll play dough.



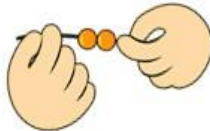
Roll "snakes" with play dough using palms of hands.



Roll play dough into tiny balls using only the finger tips.



Use a spray bottle filled with water to spray plants indoors or outside.



Cut yarn and invite your child to string cereal or macaroni.



Tear paper.



Pick up cotton balls using spring-loaded clothespins.



Cut junk mail. Cut play dough with plastic scissors.

MAKING MATH FUN

Math skills are important to your child's success in school and in everyday life. Here are a few ways you can help your child develop math concepts at home.

NUMBERS AT HOME

Explore the ways in which numbers are used in and around your home. Take your child on a "number hunt" in your home or neighborhood. Point out how numbers are used on the TV remote, microwave, and phone. Locate numbers in books and newspapers. Look for numbers on signs in your neighborhood. Encourage your child to tell you whenever he or she discovers a new way in which numbers are used.

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DAILY MATH

Make math a part of your child's daily life. Include your child in common activities that involve math such as:

- ✓ Making purchases at the store
- ✓ Measuring ingredients for a meal
- ✓ Counting out plates and utensils for dinner
- ✓ Sorting laundry



PROBLEM SOLVING

Ask your child to help you solve simple problems involving numbers in your home.

"We need six bananas to make banana bread, and we have only two. How many more do we need to buy?"

"Two guests are coming to dinner tonight. How many more plates will we need?"



MATH BOOKS

Chicka Chicka 123 by Bill Martin Jr. and John Archambault

10 Black Dots by Donald Crews

One Big Building by Michael Dahl

The Doorbell Rang by Pat Hutchins

Round is a Mooncake by Rosanne Thong

Mouse Shapes by Ellen Stoll Walsh

Mouse Count by Ellen Stoll Walsh

1 2 3

WHAT DID YOU DO AT SCHOOL TODAY?

Does your child say “*nothing*” when you ask them what they did at today?
Try these tricks to get your child to talking about school.



WHY



Children need to hear specific questions in order to give specific answers. Open ended questions like “What did you do?” may be too general to get the desired response. Try asking specific questions that require your child to answer with more than one word.

PLAY

Did you know that play is an important part of the learning process? When they play, children are learning and developing cognitive, language, physical, social, and emotional skills. It is in your child’s best interest to have as much time to play as possible each day to promote healthy development.



QUESTIONS TO ASK

- ✓ Tell me about a story you listened to.
- ✓ What songs did you sing?
- ✓ Who did you play with?
- ✓ What did you have for snack?
- ✓ Where did you play?
- ✓ Did you do anything nice for somebody?
- ✓ What are you looking forward to tomorrow?
- ✓ Were you a good friend?
- ✓ Did you laugh today?



HOW TO STOP THE BEDTIME BLUES

Does your child go bananas at bedtime? Try these simple tricks to create a calm bedtime routine that both you, *and your children*, will enjoy!

WHY SLEEP MATTERS

Daily routines like bedtime, provide children with the repetition and structure they need to feel safe.

Bedtime is an opportunity to create, build, and nurture your relationship with your child.

For children, having a daily bedtime routine is comforting; it can help create a calm and relaxing feeling that gently eases them to sleep.



HOW MUCH SLEEP

Pediatricians recommend the following hours of sleep by age:

- ✓ **Ages 2-3:** 13-14 hours per night
- ✓ **Ages 3-5:** 11-13 hours per night

Children may experience difficulty concentrating and following directions when tired.



CREATE A ROUTINE

To get started, set a consistent time for bedtime. Next, identify the things your child needs to do to prepare for bedtime. A successful routine might



Take a bath



Brush teeth



Read a story



Time for bed

BEDTIME BOOKS

- ☐ **The night garden by little library**
- ☐ **I don't want to go to bed by Julie Sykes**
- ☐ **Day Monkey, Night Monkey by Julia Donaldson**

