

THE 1ST SCHOOL EXPERIENCE

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WHAT'S HAPPENING?



KIDS SEE THIS:



PARENTS SEE THIS:



REALITY IS:





GOAL:



RAISING CONFIDENT,
COMPETENT CHILDREN

BETTER TOGETHER



HOME-SCHOOL PARTNERSHIP

HOW CAN YOU DO IT?



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HELPFUL
S



6 BUILDING BLOCKS FOR SUCCESS (TRIPLE P)



I. SHOWING RESPECT TO OTHERS:

- Encourage politeness by being polite to others/praising them for being polite
- Encourage your child to cooperate and follow rules
 - Have reasonable rules at home
 - Be firm and calm without getting angry or raising your voice when you want your child to do something
 - Praise children when they do as you ask
 - Use a back-up consequence (less computer time/quiet time for 5 minutes)

2. BEING CONSIDERATE:

- Model it
- Avoid being critical of others
- Point out others' good points
- Provide opportunities to show caring
- Acknowledge kindness
- Ask your children how events affect them or another person
- Encourage child to make amends

3. HAVING GOOD COMMUNICATION AND SOCIAL SKILLS:

- Help your child make friends
- What to do if your child hurt others?
 - Listen carefully to what your child is said to have done
 - Discuss the problem with your child/Let her say her side of the story
 - Let your child know that hurting others is a serious problem and should stop/explain the consequences
 - Help your child become aware of the impact of their behaviour on others
 - Praise/give positive attention to your child for playing well with others

4. HAVING HEALTHY SELF-ESTEEM:

- Create a safe and predictable world
- Encourage an active lifestyle
- Be affectionate
- Tell your children that you love them
- Encourage your child to set goals/see their accomplishments and let them make decisions
- Help your child be a good friend
- Encourage children to express their ideas
- Encourage laughter

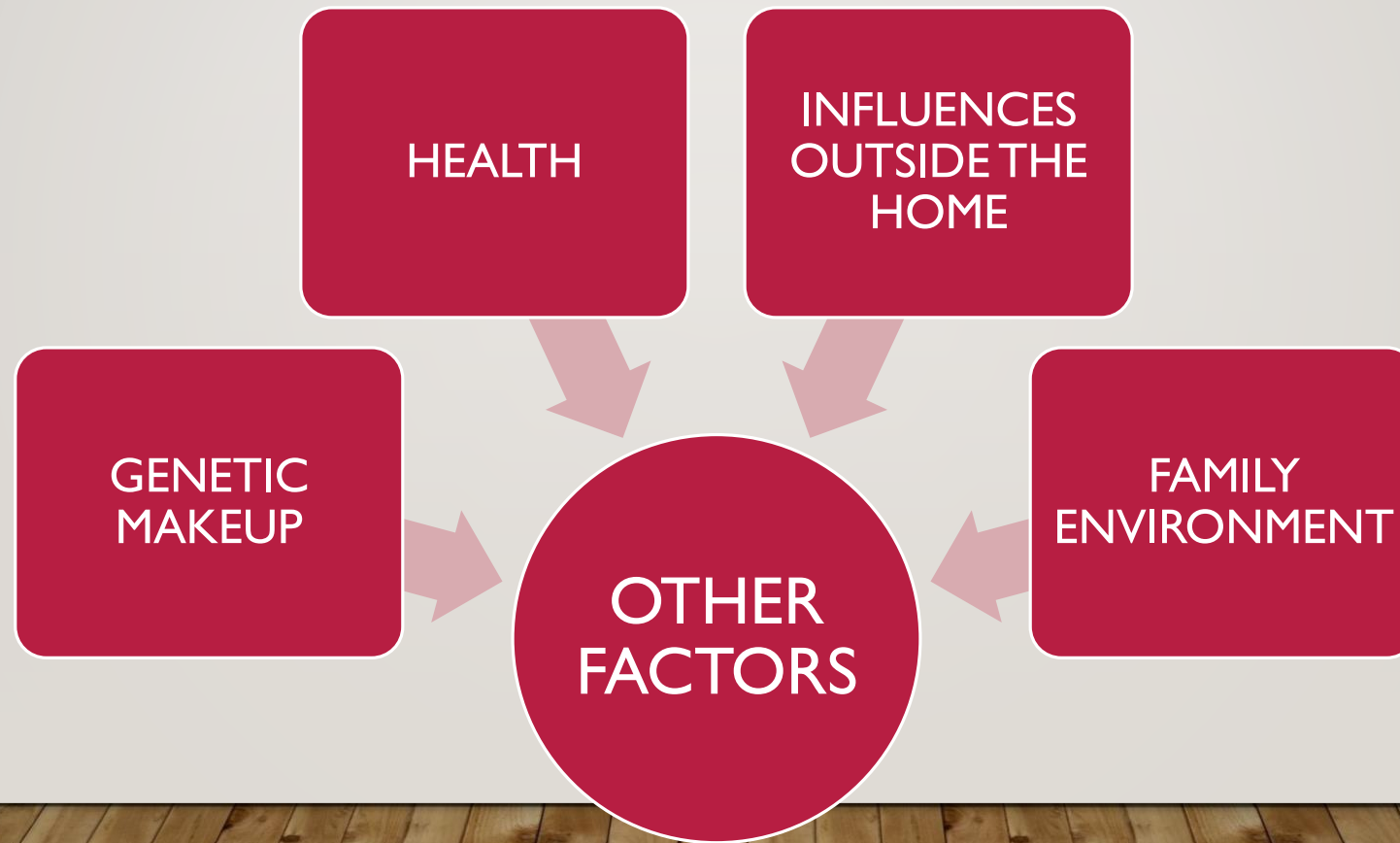
5. BECOMING A GOOD PROBLEM SOLVER:

- Set a good example
- Teach your child problem solving skills
- State the problem clearly
- Come up with possible solutions
- Think about good/bad points
- Decide the best solution
- Try it out by putting the plan into action
- REVIEW: Did it work? What changes are needed to make it work?

6. BECOMING INDEPENDENT

- Learning basic self-care and responsibility:
 - Getting ready on time
 - Completing simple household chores
 - Self-care – using toilet, brushing hair/teeth, dressing

WHY DO CHILDREN BEHAVE AS THEY DO?



BETTER TOGETHER

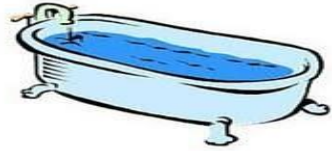


HOME-SCHOOL PARTNERSHIP





Time For Sleep!



BATH TIME



PAJAMAS



BRUSH TEETH



GOODNIGHTS



POTTY



STORY TIME



LAST KISSES



SLEEP



HEALTH

Common Sleep Deprivation Symptoms

fatigue

mood changes

difficulty concentrating

memory problems

paranoia

hallucinations




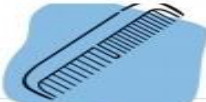



verywell

TIPS FOR PARENTS:

- Before retiring at night, be clear about activities for the next day.
- You can show the child's schedule (what time to wake up/what needs to be done)
- Be organized and get everything ready the night before (uniform, backpack, agenda)

Good Morning Routine!



	Get Dressed
	Make Bed & Tidy Room
	Eat Breakfast
	Fix Hair
	Brush Teeth
	Shoes On
	Get Bag, Lunch, etc.

Have a great day!

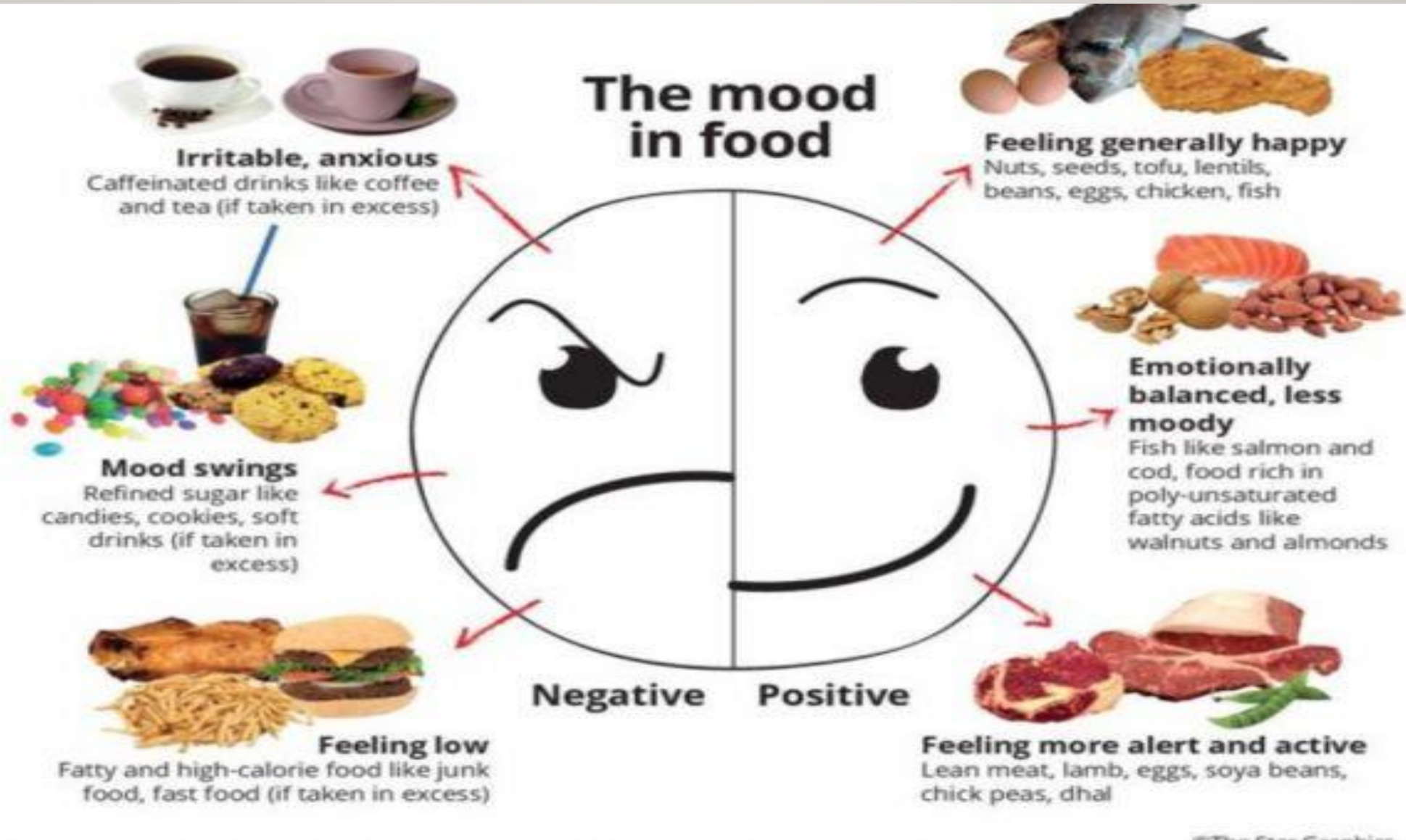
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TIPS FOR PARENTS:

- In the morning, avoid distractions (use of iPad, computer, etc.)
- Remind them of their task
- Praise your child for doing their task



The mood in food





After School Checklist



Hang up coat



Eat a healthy snack



Do homework



Put away backpack



Read for 20 minutes



Daily chore



Happy



Angry



Sad



Frustrated



Sneaky



Scared



Surprised



Shy



Bossy



Sleepy



Embarrassed



Mean



Proud



Nervous



Silly



Disappointed



Confused



Impatient



Curious



Kind



Obnoxious



Excited



Grumpy

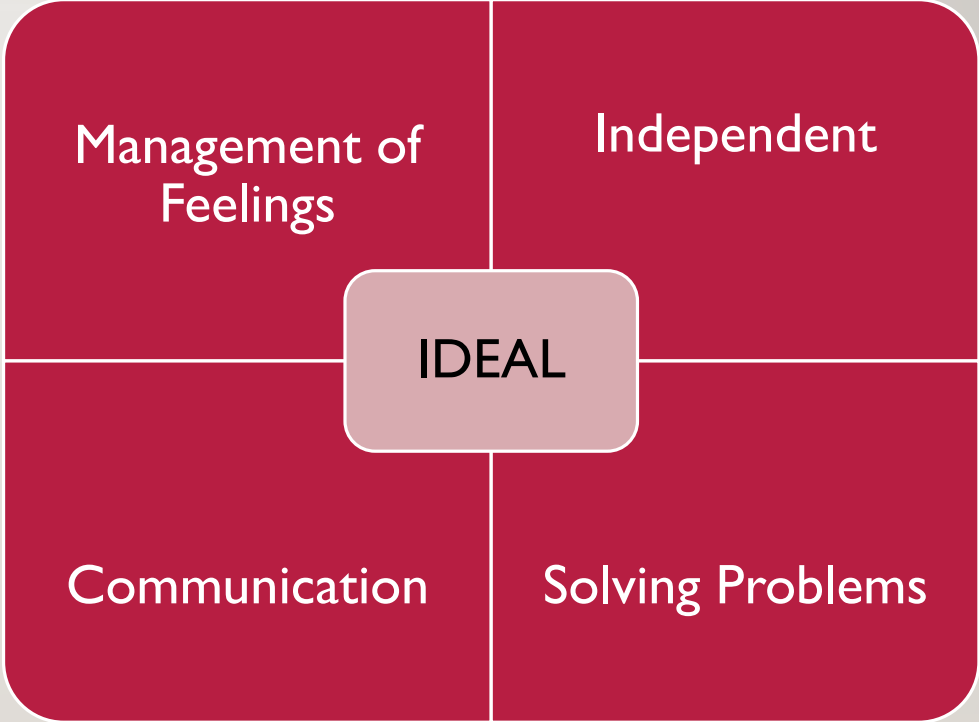


9 MINDFULNESS APPS

To Help Kids Stay Calm, Focused & Relaxed



THE IDEAL CHILD:





Welcome To Our School

WHERE GREAT
MINDS GROW!