

# TIPS FOR FAMILIES: SCHOOL READINESS

Children are learning from the moment they're born. More than 85% of a child's brain is developed by the age of 5. You are your child's first teacher.

You help them learn skills throughout their life.

Here are some **milestones for school-readiness** in New Hampshire.

## I CAN EAT, GET DRESSED, AND USE THE RESTROOM ALL BY MYSELF!

Give your child opportunities every day to practice putting on their clothes and doing up fasteners, wiping after going to the bathroom, and opening food containers and using utensils.

## I CAN PLAY WITH OTHER CHILDREN AND COOPERATE WITH THEM

Find opportunities for your child to interact with and play with other children. It's time to put those sharing and conversation skills you've practiced at home to work!

## I CAN CONTROL MY EMOTIONS & BEHAVIORS – LEARNING TO USE WORDS TO RESOLVE CONFLICTS

Help your child learn words for big feelings they may have; teach them language for problem solving when they want to lash out in frustration. Help by staying calm while they experience big feelings. A time-out when the world gets overwhelming isn't a punishment, but a chance for a child to regroup when they feel out of control.

## I CAN SPEAK CLEARLY ENOUGH TO BE UNDERSTOOD BY PEOPLE OUTSIDE MY FAMILY

Remember, homework should not take all night or cause major stress. It's about practice-not perfection. Your child is still learning how to feel. Focus on progress and effort and celebrate small wins!

## I CAN TAKE TURNS AND SHARE WHEN I PLAY WITH OTHERS

Young children need lots of opportunities to practice. As a parent, you can play simple games that require turn taking skills. In your playtime with your child, practice taking turns and handing toys back and forth.

## I CAN FOLLOW SIMPLE RULES, ROUTINES, & TRANSITIONS

When children know what to expect, they feel calm and confident at home and at school. Try out small daily routines into your child's life, like a daily bedtime ritual or mealtime routines. Make a visual schedule for the day so that children can know what's coming next before they know how to read or tell time.

# TIPS FOR FAMILIES: EARLY CHILDHOOD

## I CAN RESPOND TO HOW OTHERS FEEL AND SHOW KINDNESS

Help your child by naming different facial expressions so they can learn to recognize what those expressions mean.

Set a standard for kindness in your family and tell your child when you see kindness in the world.

If you've been practicing all these skills at home and you're worried about your child's development, your child's doctor or preschool teacher are great resources for helping you determine if extra supports are needed for your child. They can reassure you about where your child should be in their stage of development, or they can refer you for assessment and therapies if needed. Many other parents have been in your shoes before, and they are ready to be part of your village to help. You are never alone in preparing your child for life and school.

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