



# LIVE AND LEARN CHILD DEVELOPMENT CENTER NEWSLETTER

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## Desk of the Owner's - Kathy's Korner



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Transitioning to Kindergarten

By Janis Strasser

Starting school can be scary and exciting for both you and your child. Effective kindergarten teachers know that children are individuals who each start kindergarten with a wide range of skills. You do not need to drill your child with letters, numbers, and facts, before school starts. But there are some things you can do to prepare both you and your child for kindergarten. Here are some ideas.

Before school starts

Send a note to the nurse and to the teacher if your child has allergies or special needs. Do this even if you have indicated this on other forms already. It may be critical for teachers to know that your child reacts to bee stings, has food allergies, or has hearing or vision modifications. As a parent, you have the responsibility to advocate for your child's health and safety.

Visit the school and meet the teacher. If there is a visiting day to meet your child's teacher and visit her classroom before school starts, make sure to participate. If you missed visiting day or the school does not offer one, call to see if you can arrange a quick visit to see the school and to meet the teacher with your child

Start your school routine early. To reduce stress and get used to new routines adjust new bedtimes or wake up times a few weeks before school begins. Routines are comforting for us and for children. Read a soothing bedtime story every night to help your child fall asleep with comforting thoughts. Do not watch the news or violent programs in the evening.

Label everything. Make sure to label backpacks, lunch boxes - everything your child brings to school. This includes her! If your child's school has not supplied a nametag, make one. It should have your child's name, address, and a phone number where a parent/guardian can be reached, the name of the teacher, and how your child gets home from school.



Tips for Starting Preschool

By Diane Tunis, Rhonda Kleiner,

Is your child entering a preschool program for the first time? Use these tips to help both you and your child make a smooth transition.

Visit your local library during a read-aloud time so your child gets used to hearing someone other than Mom, Dad, or Grandpa read aloud book in a group setting.

Establish a routine of "early to bed" and "school wake-up time" several weeks before school begins so your child has time to adjust to the new schedule.

Find out about the toileting procedures at the new school or center so you can review the situation with your child and make sure she is comfortable.

Arrange play dates with children who will be in your child's class. Usually moms or dads go along on these early play dates. Ask the teacher or school for a list of children who will be in your child's class.

If there's a home visit or school visiting day, make sure you and your child participate. If you aren't able to participate, call the school to arrange for a visit to the school and to meet your child's teacher.

Make a book at home about the new preschool experience your child is about to begin. Perhaps take photos of the school or of your child in front of school and add text like: "This is Sammy at school. This is her favorite t-shirt. This is Mommy picking up Sammy when school is over."

Let your child pick out a new backpack and together write her name on it.

Tell stories about when you went to school and share how you felt about it. Find childhood pictures of yourself and other adults in your child's life and talk about the photos.

If your child has never before been cared for by someone else, start to leave her for short periods of time with friends or relatives. Reinforce the fact that you will return and that she is safe with others.

Give your child a personal belonging of yours like a favorite scarf or bandanna so she knows you will come back to get it.

Read books about going to school and saying goodbye.

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