

# Caring for the Caregiver

"All I really need to know about how to live and what to do and how to be I learned in kindergarten. Wisdom was not at the top of the graduate-school mountain, but there in the sand pile. These are the things I learned:

- Share everything.
- Play fair.
- Don't hit people.
- Put things back where you found them.
- Clean up your own mess.
- Don't take things that aren't yours.
- Say you're sorry when you hurt somebody.
- Wash your hands before you eat.
- Flush.
- Warm cookies and cold milk are good for you.
- Live a balanced life – learn some and think some and draw and paint and sing and dance and play and work every day some.
- Take a nap every afternoon.
- When you go out into the world, watch out for traffic, hold hands, and stick together.
- Wonder. Remember the little seed in the Styrofoam cup: The roots go down and the plant goes up and nobody really knows how or why, but we are all like that."

- From All I Really Need to Know I Learned in Kindergarten by Robert Fulghum

"Children reinvent your world for you." -Susan Sarandon

# Fun for Families

- Look for signs of spring together – buds on trees, baby ducklings, snow melting
- Show enthusiasm and encouragement for the effort your child shows
- Always be aware of where your child is, even if they are in the house with you
- Be available - don't put your child off
- Visit the police station or firehouse
- Have fun with words, make up rhymes together
- Teach your child how to shake hands with people
- Provide opportunities for your child to talk with adults and other children



# March

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# Tips for Families

Talk, sing and play with your children using your home language – the language you know best. This will not interfere with your child's ability to learn English.

Keep a journal or written record of your child's activities, skills and interests. This may help you to provide quick information to those who will be working with your child in the new school.

Let your child know how much you appreciate his or her help.

Read about 4-year olds and what they can do.

Recognize "mistakes" as opportunities to learn. If a toy is left out in the rain, ask your child "What can we do so this won't happen again?" or "How can we fix it?"

Can your child...

- Listen to an adult and follow simple directions?
- Share and play with other children?
- Play with other children without hitting or biting?
- Follow simple rules?
- Communicate basic needs and express feelings?

If you have concerns about your child's abilities, talk with your child's physician, preschool teacher, or your local Children's Developmental Services Agency (CDSA). They will be able to connect you with the best services for your child's own needs.

## Resources For Families

Book: So This is Normal, Too? Teachers and Parents Working out Developmental Issues in Young Children. by Deborah Hewitt

Parenting Me [www.parentingme.com](http://www.parentingme.com) A website from the child's point of view with lots of parenting tips.

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## Cuddle Up and Read with Your Child

Kindergarten Rocks by Katie Davis

Pearl's New Skates by Holly Keller

Snug in Mama's Arms  
by Angela Shelf Medearis

Why Am I Different by Norma Simon

Vera's First Day of School  
by Vera Rosenberry

