

"If you can give your son or daughter only one gift, let it be enthusiasm." -Bruce Barton

Taking Care of Myself

Personal Items: Your child will be expected to bring some personal items to keep at school, such as:

- a change of clothes
- a coat & mittens in the wintertime
- a pillow & blanket for naptime
- school supplies

Check with your child's school to find out exactly what you will need. Use a permanent ink marker to put your child's initials on all of his/her items.

Teach your child about how important it is to keep track of his/her things while at school.



Fun for Families

- Ask your child what he/she would like to do
- Imagine and pretend and encourage pretend play
- Walk, ride a bike or swim with your child
- Teach your child new words by describing what you see, hear, smell and touch
- Keep books, paper, crayons, markers and pencils easily available and within reach
- Help your child learn how to play UNO, Go Fish, or other fun card games
- Use old magazines for making collages – cut out and arrange pictures on cardboard
- At the grocery store, find a fruit or vegetable to try that you've never tasted before
- Visit the Farmers Market and compare what you see with what you saw at the grocery store

July

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Resources For Families

Book: Going to School by Sharon and Craig Ramey
National PTA www.pta.org Information about PTA organizations across the country



Cuddle Up and Read with Your Child

Welcome to Kindergarten by Anne Rockwell

Growing Vegetable Soup by Lois Ehlert

How About a Hug? by Nancy L. Carlson

Good Job, Little Bear by Martin Waddell

To the Beach! by Linda Ashman



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Tips for Families

Backpacks: An overfilled backpack can strain muscles and cause pain in the shoulders and back and can affect your child's posture. A loaded backpack should weigh no more than five pounds. Shoulder straps should be wide and padded. Children should always use both straps.

Organized group activities such as sports, dance classes, art or nature classes can provide a chance for your child to interact with other children that share a common interest.

Talk with your child about their feelings and experiences with friends. Problem solve together ways to handle difficulties with other children.