

"A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove...but the world may be different because I was important in the life of a child." -Forest E. Witcraft

## Out and About, Exploring the World with your Child

The child awakens to  
a universe. The mind  
of the child to  
a world of wonder.  
Imagination to a world  
of beauty. Emotions  
to a world of intimacy.

It takes a universe  
to make a child both  
in outer form and inner  
spirit. It takes  
a universe to educate  
a child. A universe  
to fulfill a child.

- A poem by Thomas Berry

## Fun for Families

- Include your child in daily errands such as trips to the grocery store, bank or post office
- Let your child make some decisions such as which pajamas to wear
- Encourage your child to be physically active – run, skip, hop, jump!
- Make up songs together
- Buy magnetic letters and numbers for your child to play with on the refrigerator or a pizza pan
- Encourage your child to talk about his or her thoughts and feelings
- Take walks around the neighborhood and find a new place to explore
- Make a hopscotch grid and play hopscotch
- Go to a playground together



# May

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# Resources For Families

Book: How to Talk So Kids Will Listen and Listen So Kids Will Talk by Adele Faber

Websites: Family Education [www.familyeducation.com](http://www.familyeducation.com)  
Articles, activities & tips for families

The National Sleep Foundation  
[www.sleepforkids.org/html/sheet.html](http://www.sleepforkids.org/html/sheet.html)

## Tips for Families

Find out what is being offered at the school for new families and make it a point to attend. Many schools will set up a "Meet the Teacher" day, open house, Kindergarten Orientation, support groups, or other functions that can be very helpful for families that have children entering kindergarten.

Start thinking about plans for transportation – How will your child get to school in the morning and get home in the afternoon? What time does school start and when are the children sent home for the day? Who will care for your child during the time either before or after school when you are still at work? Contact the school to find out more about before and after school care.

Practice good sleep habits – Young children need between 10-12 hours of sleep each night to be ready for the day ahead. Your child needs sleep so that he/she will have all of the energy it takes to make it through a busy day of learning in kindergarten! If your child does not already have a regular sleep schedule, now is the time to create one. Create a routine of having dinner, taking a warm bath, brushing teeth, reading a book together and then drifting off to sleep. A routine will help your child know what is coming next, and will help prepare your child to go to sleep at the same time each night. Also, practice good sleep habits yourself so that your child can see that you take sleep seriously too! You'll both feel better for it!

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## Cuddle Up and Read with Your Child

Kindergarten Jitters by Colleen Pitterle

The Very Hungry Caterpillar  
by Eric Carle

Growing Like Me by Anne Rockwell

Hello, Shoes! by Joan Blos

Little Rabbit Goes to School  
by Harry Horse

