transition p packet







packet for families and children

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Introduction

Summertime is fun time! As you begin the summer, there are many fun ways you can work with your child at home to review what he has learned during the school year. This packet is full of fun, hands-on activities you can use with your child during the summer. There are also some great ideas for ways to help your child get ready for public school. Take time to do some of the activities on the calendars each week, and enjoy the time you spend together.

Transitions: Make the Change Easier for Your Child!

major changes. It is very important for you to help your child make this transition a smooth one. teacher, and starting school for the first time are feelings – excitement, fear, or worry. But as adults, we've learned how to deal with change. Your child on the other hand, is just beginning to learn this skill. Here are a few easy steps you can try! Moving from one school to another, getting a new idea of change often makes us feel many different Change is rarely easy for anyone. As adults, the Your child

A Step-By-Step Guide for Making the Transition to School Easier for Your Child (and You!)

Visit the classroom or school ahead of time.

stay for lunch or snack. Allowing your child time to feel comfortable in the surroundings will make a big difference on the first day of school. After your visit, talk with your child about ways the new classroom is like the old one. Helping your child understand that or teacher when you and your child can spend 30 to 45 minutes visiting. If possible, schedule the visit before the regular school year ends. Meet your child's teacher, explore the classroom, and try to for starting school. Schedule a time with the principal This is one of the best ways to help your child prepare there will be familiar things in the school classroom will a great comfort.

Talk with your child about his feelings.

about it. Also, reading one of the books from the book list may help your child begin to talk about his and talk about them. Sometimes it is easier for young children to draw a picture or act out their feelings through play. After your visit to the school, ask your child to draw a picture of what he saw and then talk with change. Your child will have many different feelings — just as you would if you were facing a major change in your life. Recognize your child's feelings feelings about going to school. This is a very important step in helping your child deal

Talk about the transition to school in a positive way.

and guide your child in her attitude toward the Modeling a positive attitude is a great way to teach

> your child will pick up on your negative feelings and will likely begin to feel unhappy about the transition to school as well. By keeping statements positive, yo can help your child look forward to her first day of school, arranging after school care, nightly homework, etc. Try not to let your child hear you complain about transition to school. In reality, you may need to make some changes too as your child goes to school – a school. how difficult it will be for you when she starts school, these changes. If your child hears you talking about different work schedule, setting up a carpool to

Other Things You Can Do

- Keep a daily routine during the summer that includes regular meal times.
- Read to your child daily.
- Discuss acceptable ways to disagree with others.
- Work with your child on using scissors.
 Plan a bedtime that allows your child ten to twelve
- hours of sleep each night.
- Help your child choose clothing that suits the
- climate (both indoors and outdoors). Help your child learn to do things without help, such as dressing, tying shoes, eating (opening milk clean. cartons and carrying a tray), toileting, and staying
- Talk with your child about making friends with children who may be from different cultures. Provide pencils, markers, and paper and
- encourage your child to draw and write.
- Take your child to a variety of places, such as the library, park, grocery store, and post office. Provide many opportunities for your child to play with other children.

school. Visit your local library and check out one or Here are a few good children's books about starting two to read to your child.

- Starting School by Janet Ahlberg
 Arthur Goes to School by Marc Brown
- Look Out Kindergarten, Here I Come! by Nancy
- 0 Will I Have a Friend? by Miriam Cohen
- When You Go to Kindergarten by James Howe
- The Kissing Hand by Audrey

Summerlime 5 FREE Family Fun Time!

Summer is here! The weather is warm and the sun is shining. The older kids are out of school and everyone is looking forward to having fun!

Summer is also a time when many families go on vacation. Believe it or not, summer vacations don't have to cost a lot of money and they don't have to be far away. In fact, a fun summer vacation might just be as close by as the neighborhood park!

Here are a few ideas on how you and your family can enjoy the beautiful summer season.

SPEND THE DAY AT THE PARK

foods cold and hot foods hot. That way, no one will get sick! Talk about the trees, plants, and animals! Find out what your child knows about sure to remember the safe food rule: Keep cold state park, planning a day at the park can be a lot of fun. Take a picnic lunch to enjoy. Just be Whether it's the park down the street or a nearby

MUSEUM CHECK OUT A LOCAL NATURE CENTER 0

have special programs or shows in the summer. Be sure to call ahead to see what is planned. When you call, they will be able to tell you if you need centers or museums that are either free or very inexpensive. These are also great places where your children can learn more about animals and to sign up ahead of time. Many towns, cities, or counties have nature plants. Often nature centers or nature museums

ATTEND A FREE CONCERT

these are held at local parks. Other times they are held in downtown business areas. Check your local newspaper to see when free concerts are great deal from listening to a variety of music. planned in your area. Your children can learn a free concerts during the summer. Sometimes Many different types of musical groups put on

GO ON A TREASURE WALK

child might choose a pretty rock, a funny stick, or a special leaf. Put the treasures in the bag and then take them home. Put them out on a table or just about anywhere. Have your child collect "treasures" to put in the bag along the way. Your surprised at the response! child to name his favorite treasure. You might be or floor and talk about them. Encourage your Give your child a plastic or paper bag. Go for a walk in your neighborhood, around the park,

HEAD FOR THE WATER

remember to reapply it frequently. Also take along plenty, of water to drink. Build a sand castle with your child. Look for seashells and sort them. Jump the waves and count as you jump each one. If you do not live near the beach, look into clean, plastic milk jugs, yogurt cups, etc. Have your child explore filling them with water. For instance, count how many yogurt cups of water it takes to fill a milk jug. Best of all, just enjoy staying The beach is a great place to learn about sea life. Take a picnic (if this is allowed) and spend the day. Be sure to wear your sunscreen and cool together! a community pool, lake, or stream. Take along

VISIT THE LIBRARY

can get their own library cards when they are able to print their names without help. So, have fun and take advantage of this free year-round sessions, game days, summer reading programs, and more. Going to the library is both a fun time as well as a learning time. In most places, children No matter where you live, there is likely a branch of the public library within driving distance. Throughout the year, libraries often sponsor story opportunity. Check out new books on a weekly basis and have a great time reading together! During the summer months, libraries offer craft times, guest speakers, and other special events

Summer is a wonderful time to enjoy the outdoors. Spend this time with your family. You'll never regret it!

Here are a few good children's books about summer, vacations, and the beach. Visit your local library and check out one or two to read to your child.

- The Berenstain Bears and Too Much Vacation by Stan and Jan Berenstain

- Biscuit's Day at the Beach by Alyssa Satin Capucilli One Hot Summer Day by Nina Crews
 Strega Nona Takes a Vacation by Tomie DePaola
 Summer: An Alphabet Acrostic by Steven Schnur
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Remember to wear sunscreen outside!	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Spend time with your child looking at family photos.	Play the game I Spy! (see back)	Help your child count his fingers.	Paint with water! Take plastic containers of water, old paintbrushes, plastic spoons, a turkey baster, or other items outside on a sunny day. Use the items to drip water on the sidewalk, walls, and ground. What happens to the water? It disappears!	Work with your child to help her learn your telephone number.	Make finger paint! (see back)	Play Ring Around the Rosie! (see back)
Week 2	Make silly voices with your child – talk like a giant, a baby, a bird, a mouse, a fish, etc.	Work with your child to help him learn your telephone number.	Make sock puppets using mismatched socks from the laundry along with paper scraps, glue, and markers.	Measure your child's height.	Give your child a hug!	Make a card for Father's Day. The card can be given to the child's father, an uncle, a grandfather, or anyone the child chooses.	As you sort the laundry to put away, let your child help sort and match the socks.
	Sit outside at night with your child. Look at the stars and talk about them.	Recite the rhyme "Exercises" with your child and do the movements together. (see back)	Work with your child to help her learn your telephone number.	Play Shadow Tag! (see back)	Help your child count his toes.	Make junk mail art! Save all the junk mail for the week. Twist, crumple, roll, and assemble the pieces of mail and tape them together to create a unique piece of art.	Say something positive or nice to your child today.
	Let your child help cut out coupons from the Sunday paper, circulars in the mail, or a magazine.	Sing the ABC song!	Listen to music with your child and dance together.	Work with your child to help her learn your telephone number.	Make musical horns! Use cardboard tubes from paper-towel rolls. Make different sounds through the tube!	Look in a mirror with your child and make faces – happy, sad, mad, scared, surprised, etc.	Have a picnic! At the park, on the porch, or in the yard, spread out a blanket and have a picnic lunch with your child.

June Learning Experiences

GAME - I SPY

This is a game you can play with your child anywhere, anytime. Begin the game by saying, "I spy with my little eye, something that is _____." Give your child a hint about the item you "spy." For example, you are standing in the checkout line at the grocery store and you say, "I spy with my little eye, something that is round." Your child tries to guess. Continue to give hints about the item using the phrase "I spy..." until your child guesses the item. Once familiar with how to play the game, your child can choose an item and give you hints.

GAME -RING **AROUND THE ROSIE**

the end round as you share the rhyme. Then sit down at Hold hands with your child and turn round and

A pocketful of posies. Ring around the rosie,

Ashes, ashes,

We all fall down!

GAME – SHADOW TAG

late afternoon when the sun is low in the sky. This game works best when played outside in the

As you and your child play together, try to step on each other's shadows. The fun of the game is trying to stay away so the other person cannot step on your shadow. Have fun!

RHYME EXERCISES

Move your legs and do some kicks! 7, 8, 9, 10 – Now it's time to start again! Bend right down and touch the floor! Exercise is fun to do! Jump 3, jump 4, Stretch 1, stretch 2, Clap 5, clap 6,

RECIPE - FINGER PAINT

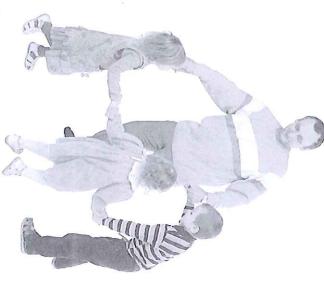
Ingredients needed:

Food coloring 2 tablespoons cornstarch6 tablespoons cold water ½ cup boiling water

- 1. Let your child help dissolve cornstarch in cold To prepare: water in a cup.
- add the cornstarch mixture to boiling water. Stir constantly. Heat mixture until it becomes glossy.

 3. Remove from heat and add food coloring. Let your child choose the color and watch as you 2. Let your child observe at a safe distance as you
- stir the color into the mixture.
- Cool completely!
 Let your child use the finger paint on construction paper or other paper, such as paper grocery bags.

Using the finger paint outside would be lots of fun and make cleanup easier!



JULY: Ready, Set, Read!

Reading. You and I do it every day. We read the newspapers, we read signs, we read food labels, and of course, we read to our children.

With the start of kindergarten just around the corner, some parents worry if their child does not know all the letters of the alphabet. Others worry if their child can't spell her name

Before you start to worry, take a deep breath and do a little reading yourself. Here's a quick article that will explain how young children learn to read and what you can do at home to help the process along.

= ALL BEGAN A LONG TIME AGO ...

words. As time passed, your child slowly started using words instead of crying or pointing. This is called language development and it is the first step in learning to read. By talking and reading to your child as much as possible, you can help him birth. When your child was a very young infant, he could not talk. Soon your child could understand a lot of what you said but could not say the develop strong language skills. developing the skills needed to learn to read at Believe it or not, your child actually began

THAT SOUNDS NEAT!

play with them. Here is an example. your child knows several nursery rhymes, you can child, you are helping her hear how words sound the same and how they sound different. Once say nursery rhymes together. Nursery rhymes are fun to say because the words "bounce" and they things you can do to help her become a strong reader. One of the easiest things you can do is t have rhythm. By saying nursery rhymes with your As your child grows, there are many different ð

How I wonder what you are. Instead of: Twinkle, twinkle, little star,

How I wonder what you see. Say: Twinkle, twinkle, little tree,

Play with the rhymes and have fun! This is a great way for your child to hear the sounds different letters make by themselves or together with other

Here are a few good rhyming books to check out at your local library:

- Mrs. McTats and Her Houseful of Cats by Alyssa Satin
- Ten Black Dots by Donald Crews
- A House Is a House for Me by Mary Ann Hoberman Miss Mary Mack: A Hand-Clapping Rhyme by Mary
- Ann Hoberman **Chicka Chicka Boom Boom** by Bill Martin, Jr. and **Archambault**

- Hop on Pop by Dr. Seuss There's a Wocket in My Pocket by Dr. Seuss

NAME THAT LETTER!

alphabet books. Chances are your child already can name several letters, such as the ones in his name Learning the letters of the alphabet is an important step in learning to read. After all with letters by playing letter games and reading when you put letters together, you make words. You can help your child become more familiar

Here is a list of alphabet books you might want to check out at your local library. As you read these books with your child, help her hear how words with the same first letter sound the same.

- Feast by Crescent Dragonwagon Alligator Arrived with Apples: A Potluck Alphabet
- Eating the Alphabet: Fruits and Vegetables from A to Z by Lois Ehlert
- Kellogg Aster Aardvark's Alphabet Adventures by Steven
- Dr. Seuss's ABC by Dr. Seuss
- Alpha Beta Chowder by Jeanne and William Steig

YOU'RE ON YOUR WAY!

There are so many things you can do at home to help your child develop the skills he will need to be a strong reader.

- Play with words and make up your own silly develop the skills he needs to be a great reader in no time at all! stories. In your own way, you will help your child
- Make shopping lists with your child for schoo supplies
- Make a map from home to school!
- Write a letter with your child to his new teacher!



Practice brushing teeth at least twice each day!	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Take a walk with your child and look for flags.	Pretend to be fireworks blasting off for the Fourth of July. Squat down and count down from ten to zero and then jump up – kaboom!	Work with your child to help her learn your home address.	Visit the library and check out some books!	Measure your child's height. Has he grown since last month?	Draw flags on scrap paper or outside using sidewalk chalk.	Make your own flag. Decorate construction paper and attach it to a paper-towel roll or rolled newspaper.
Week 2	Make fruit salad using different fruits (either canned or fresh). Mix the fruits together in a large bowl, chill in the refrigerator and serve for a tasty summer treat!	Look for favorite colors! Search around the house and neighborhood to find the color.	Give your child a hug!	Visit the library and check out some books!	Take a walk around your house and have your child help you find and name shapes, such as circles, squares, triangles, and rectangles.	Work with your child to help her learn your home address.	Take a walk and look for letters on street signs, store signs, license plates, etc.
Week 3	Play hide-and-seek!	Share the rhyme "Row Row, Row Your Boat." (see back)	Work with your child to zip zippers, button buttons, buckle belts, and more as he dresses.	Visit the library and check out some books!	Work with your child to help her learn your home address.	Say something positive or nice to your child today.	Invite your child to think of some outdoor games he would like to play. Have fun playing the games with your child.
		Work with your child to help him learn your home address.	Make a card or write a letter to mail to a friend or family member.	Visit the library and check out some books!	Play Copy Cat! (see back)	Sing the ABC Song!	Play the game Red Light, Green Light! (see back)

July Learning Experiences

RHYME - "ROW, ROW, ROW YOUR BOAT"

Row, row, row your boat, Gently down the stream. Merrily, merrily, merrily, Life is but a dream.

SONG – "IF YOU'RE HAPPY AND YOU KNOW IT"

If you're happy and you know it, clap your hands.

If you're happy and you know it, clap your hands.

If you're happy and you know it, Then your face will surely show it. If you're happy and you know it, clap your hands.

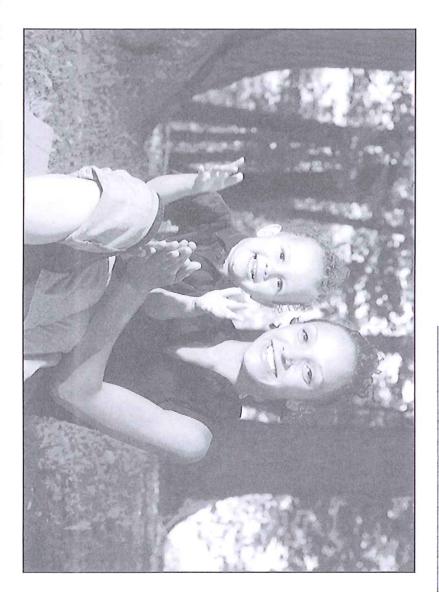
If you're sad and you know it, cry a tear . . .
If you're angry and you know it, stomp your feet . . .

GAME - RED LIGHT, GREEN LIGHT

In this game, one person plays the stoplight and the other person tries to touch her. At the start, the other person stands a good distance away from the stoplight. The stoplight faces away from the other person and says, "Green light." At this point, the other person can move towards the stoplight. At any point, the stoplight may say, "Red light!" and turn around. If the stoplight catches the person moving after this has occurred, the person is out and the two players switch places. If the stoplight does not catch the other person moving, play continues when the stoplight turns back around and says, "Green light." The goal is for the other person to touch the stoplight without being caught moving. When the other person touches the stoplight, the two players switch places and the game repeats. This is also a fun game to play with one stoplight and a group of children.

GAME - COPY CAT

Stand face-to-face with your child. As you do an action, encourage your child to do the same action. You may choose to jump, turn around, clap hands, squat down, etc. Once your child is familiar with the game, allow him to do an action for you to copy.



AUGUST: G000 Night, Sleep Iighi!

All across the country, thousands of young children have trouble settling down for a good night's sleep. Most young children resist bedtime because it means they have to stop playing. In other words, going to bed is not fun!

Foundation, the average preschooler needs 10 to 12 hours of sleep per night. This amount may or may not include a daytime nap (Rutherford, 2001). Children who do not get enough sleep often are grouchy, frustrated, and irritable (Keller, 2001). As you may have guessed, a child who feels unhappy is not going to do well in school.

So, how do you help your child get the rest she needs? Read on! However, sleep experts stress that getting enough sleep each night is very important. According to the Nemours

MAKE BEDTIME A GREAT TIME!

bedtime a great time at your house! Here are a few ideas you can try, to make

- 1) Young children love routines. That's why you Whatever routine you decide on, stick with it EVERY night. Over time it will help bedtime become easier. give two goodnight kisses, and then lights out bath, read two books, sing a goodnight song the entire bedtime process much easier. It might go something like this: take a nice warm again! Following a bedtime routine can make to read the same book over and over
- 2) Limit television, computers, and video games bedtime. on bad dreams. It is also a lot of stimulation for the eyes and nervous system, which makes before bed. Because young children have a hard time telling real from make-believe, watching television right before bed can bring it harder to calm down and rest when it is
- drinks. Some to avoid include colas, chocolate, some orange sodas, iced tea, and chocolate milk (National Sleep Foundation, 2002).

 4) Make after-dinner time relaxing. Read books, go for a stroll, work a puzzle, or draw. Avoid 3) Make sure your child is not eating or drinking and turning to waking up a lot. Unfortunately, caffeine can be found in many foods and eating or drinking caffeine-rich foods can cause all kinds of sleep problems, from tossing foods with caffeine. Studies have proven that
- climbing. high-energy activities such as running and
- necessary as possible with only a small night-light, if too warm or too cold. Keep the room as dark Make sure that your child's bedroom is not
- 6) Set a bedtime and stick to it! This is the most him the right amount of sleep. Remember, most preschoolers need to have between 10 and 12 hours of sleep per night. So, if your child has to get a good night's sleep. Chances are, your child wakes up at about the same time each morning. Your job is to set a bedtime that gives important thing you can do to help your child

- get up at 7:00 AM, you will need to make sure that he is asleep between 7–9 PM each night. In order to figure out how much sleep your child needs, pick a bedtime and see how your child feels the next day. If your child is tired, back up
- bedtime by 15–30 minutes. Keep doing this until your child is well rested.

 7) Finally, in 2002 the American Academy of Pediatrics published a study that found that symptoms of hyperactivity were more common (SDB). If your child snores loudly at night and is sleepy during the day or has behavior that needs to be taken care of. problems, please talk to your doctor or in children with sleep-disordered breathing pediatrician. There may be a physical problem

Here are a few good bedtime books you can check out at your local library. Remember, reading to your child can be a great way to relax – for both of you!

- And If the Moon Could Talk by Kate Banks Goodnight Moon by Margaret Wise Brown Hushabye by John Burningham

- Bedtime for Frances by Russell Hoban Dr. Seuss's Sleep Book by Dr. Seuss How Do Dinosaurs Say Goodnight? by Jane Yolen

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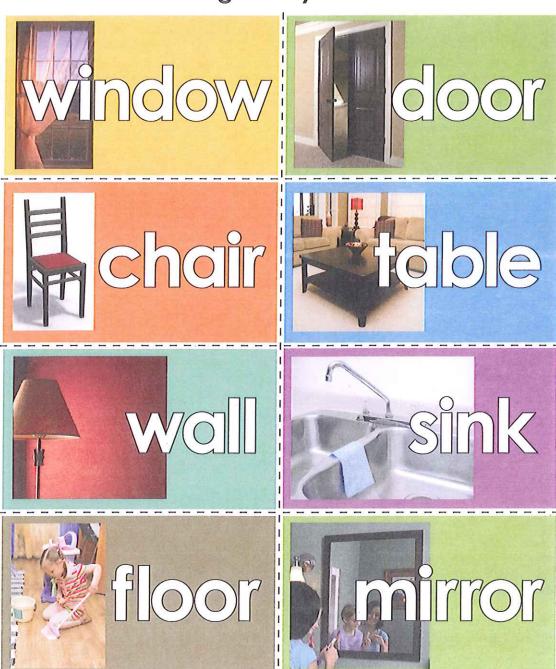
Read a book each night before bed!	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Make a picture of favorite things. Invite your child to tear or cut pictures of things she likes from old magazines and newspapers. Glue the pictures to paper to make a collage.	Play the game Copy Cat! (see back of July calendar)	Talk with your child about what to do if a stranger approaches.	Toss a ball back and forth with your child.	Measure your child's height. Is he/she taller than last month?	Help your child practice saying your address and phone number.	As you change the sheets on the bed, have your child help put the pillows into the pillowcases.
Week 2	Take a walk and look for colors.	Jump rope outside with your child.	Share "If You're Happy and You Know It." (see back of July calendar)	Teach your child how to dial the phone in case of an emergency.	Talk with your child about what to do if a stranger approaches.	Work with your child to print her first name.	At mealtime, talk with your child about good table manners.
Week 3	Make Funny Face Toast! On whole wheat bread, place torn pieces of cheese for eyes, nose, mouth, hair, etc. Toast and enjoy!	Give your child a hug!	Work with your child to print his first name.	Movin' and Groovin' Move in all sorts of ways as you and your child spend time together: jump, wiggle, twist, clap, stomp, etc.	Help your child count her fingers and toes.	Draw pictures. Use crayons to draw pictures with your child and talk about favorite colors!	Read books about going to kindergarten with your child.
Week 4	Toss a ball back and forth with your child.	Talk with your child about what to do if a stranger approaches	Talk with your child about things he would like to pretend to be and act them out. For example, if your child wants to pretend to be a teacher, you could gather books and invite your child to pretend to teach you.	Work with your child to zip zippers, button buttons, buckle belts, and more as she dresses.	Say something positive or nice to your child today.	Work with your child to print his/her first name.	Fill out This is Me! (See back)

Instructions: As you complete the following information about your child, talk with your child and allow him or her to help you. Be sure to take this card to your child's new teacher on the first day of school. The information will help your child's teacher learn more about your child, helping to smooth the transition!

This Is ME!

My name is:
My favorite book is:
My favorite game is:
When I play with others, I am usually A leader A follower Active Talkative Other: (please describe)
When I play alone, I like to Read books Draw/paint Play with blocks and other toys Other: (please describe)
When I am angry, I usually □ Become quiet and like to be by myself □ Easily use my words to resolve conflicts Other: (please describe)
When I am sad or upset, I usually □ Cry easily □ Express myself with words □ Become quiet and like to be by myself Other: (please describe)
Additional information I want my teacher to know:

Things in My House



Cut apart each label and attach to the matching item around your house. Create additional labels for other items as desired. Encourage your child to name the letters on each label.

X (n) 5 -- 0 NCOXTHO



Getting Your Child Ready for School

Questions you need to ask yourself:



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