



Milestones Learning Center Family Minutes

A resource from our family to yours

July 2024

Back To School! Are You Ready?



There are just a few short weeks left of summer. The stores are stocking up on school supplies and soon you will be attending the end of summer bashes and open house nights. All this is exciting and stressful for parents and students. This month's article is a guide to help you navigate the return to school, or for many of you taking the big step into kindergarten.

First Things, First!

Does your child know the necessary emergency information in the event they were to become lost or left behind?

If your child is attending K-5 this year please make sure they know the following:

- Your legal first and last name

- Your daytime telephone number
- Your street address
- All their allergies

It is important that your child knows your real name and not just "mom" or "dad". If lost or in an emergency, they need to be able to tell those in charge who you are and how to reach you.

Meal Planning

For many children prior to entering kindergarten, meals are customized to their interests and wants. Once they reach school, meals are more designed to meet nutritional needs and have basic appeal. If you are planning on your child eating the school provided breakfast or lunch make sure to take the time to review the menu with them. Recognize items they will not eat and make arrangements in your home to feed them prior to arriving at school or have a snack ready for them at pick up time. During the start of school, if your child expresses to you that they do not like a meal, listen to them. Do not assume they will eat just because they are hungry. Older children

will hold out if they do not like something resulting in fatigue, moodiness, and an inability to do their best in school.

When Is Lunch?

School systems have many to feed. Lunch time could be as early as 10:50 am or as late as 1:00 pm. Know when your child eats to make sure they have a good breakfast that will hold them until lunch is served. Do not assume snacks are offered or that time is available for snacking.

Continued



Dear Parents

PLEASE HAVE THEM PRACTICE OPENING THINGS BY THEMSELVES.

THESE ARE EASIER TO OPEN.



THESE ARE HARDER TO OPEN.



IF YOUR KIDDO CAN OPEN EVERYTHING IN THEIR LUNCH, IT MEANS LESS TIME WAITING WITH THEIR HAND UP AND MORE TIME EATING!

Why Didn't You Eat Anything I Packed?

A common problem younger students face at lunch time is the containers or packaging used to send their meal to school. Now is the time to practice packing lunches and opening items. Also, have more than one conversation on what containers need to be discarded and what needs to return home. As a parent, please keep in mind it is not your child's teacher's responsibility to keep track of your child's lunchbox. Have a backup one ready for when the box is left at school or lost.

What To Wear?

Most schools have a dress code. Before purchasing any fun back to school threads, make sure you

have reviewed your child's school dress code. It is important to have a talk with your child about what is allowed and not allowed to be worn at school. Do not leave it to the school to tell your child they can not wear a favorite item.

Bedtime!

The sun is still up but your child needs to hit the sack. School is a lot of work. Therefore children need a significant amount of sleep to meet the day ahead. It is recommended that children ages 5-10 years old get 9-12 hours of sleep a night. In the words of Benjamin Franklin, "Early to bed, early to rise. Make a man healthy, wealthy and wise!" Set a bedtime now to get into a routine before school starts so there are less tears associated with going to school. As a parent, you do not want to portray school as a punishment.

Don't Miss An Opportunity For An Introduction

It is important to attend events that the school hosts to help welcome you and allow your child to become familiar with a new school environment. Let your child introduce themselves to teachers and administration. Help them walk the halls and take the time to familiarize yourself with drop off and pick up procedures. It is important to reduce opportunities that might trigger stress for you or your child in the first week or two of school.



FAMILY READ

The Night Before Kindergarten
by Natasha Wing

There are many books to celebrate the start of school. For our youngest school aged students, a favorite is "The Night Before Kindergarten" by Natasha Wing.

This fun book puts its twist on the classic Christmas Carol and talks about all the emotions that a child experiences before their big first day of kindergarten. It is a fun read that opens the opportunity to talk to your child about their emotions.

<https://www.amazon.com/Night-Before-Kindergarten-Natasha-Wing/dp/0448425009>



References

<https://kidshealth.org/en/parents/sleep.html>

<https://www.todaysparent.com/kids/school-age/why-your-kid-isnt-eating-lunch-at-school/>

<https://blog.iamsecond.com/5-back-to-school-tips>

<https://www.healthline.com/health/back-to-school-routine-tips-for-parents-and-kids>

<https://www.sheknows.com/parenting/articles/2601009/establishing-back-to-school-routine/>