

Anchors Aweigh

Is your child cruising into pre-school or kindergarten?
Check out the tips below for smooth sailing!

ROUTINES

Establish routines and schedules and stick to them.



The morning routine sets the tone for the rest of the day.

Set and hold routines for important times of the day (bedtime, mealtime, wake-up time, etc.).

Consider creating a rough schedule for mornings and adjust as the first months of school go by.

Prepare at night for morning (lay out clothes, get backpacks ready, prepare lunches, etc.).

EXPECTATIONS

Set 2-3 positive behavioral expectations for your child (ex. be safe, be respectful, etc.).



Show your child how to meet these expectations at mealtime, at the grocery store, when playing outside, etc.



Model the behavior you want your child to learn (say and show the behavior you *want* to see).



Focus on areas or times of day when your child struggles. If bedtime is difficult, start there.

FEEDBACK

Acknowledge your child when they behave appropriately.

Be specific about what your child did well. "Good job!" is not as clear as "Thank you for using your inside voice."

Nonverbal acknowledgements (thumbs-up, high fives, hugs, etc.) are useful, as well.

Recognize *effort* ("You tried so hard to tie your shoes.") and *accuracy* ("You tied your shoes!") alike.



Aim to positively interact with your child when they are behaving appropriately more often than you interrupt or redirect when they display unwanted behaviors.

ADDITIONAL RESOURCES FOR FAMILIES

Visit <http://wvecpbis.org/families/> for more information on supporting your child's social emotional development.



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