

Ready, Set, Kindergarten

This Week's Theme: Emotions- Moods/Feelings

Did you know?

Research shows that a strong social and emotional foundation in early childhood powerfully impacts children's later positive attitudes and behaviors, their academic performance, career path, and adult health outcomes!

Create a Predictable, Nurturing Environment

- Try to establish routines. Children feel secure and in control when they know what's coming next. Your child's daily routine may look the same or a little different every day. If each day is a little different, talk with your child each morning about his schedule that day. Packing a visual schedule with stickers or drawings in your child's backpack or asking your child's teacher to provide reminders can help him feel prepared.
- When you listen to and respect your child, you show them that you care about what they're saying. As they grow, it's important for your child to be able to manage their feelings when you aren't immediately available. If you look your child in the eye, tell him you want to help but need him to be patient, and consistently return to him, he will learn that you care even when you can't respond immediately.

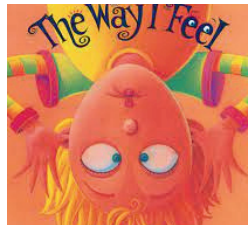
Check Out These Books



The Color Monster
Anna Llenas



The Pigeon Has Feelings Too
Mo Willems



The Way I Feel
Janan Cain

Sing This Song

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

Repeat:

If you're angry and you know it
stomp your feet... If you're sad
and you know it wipe your
eyes... If you're brave and you
know it stand tall



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