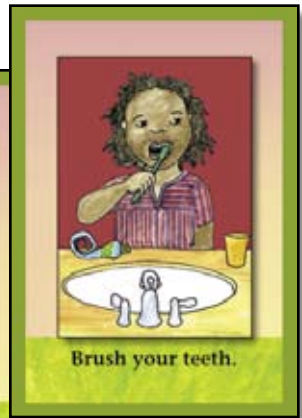
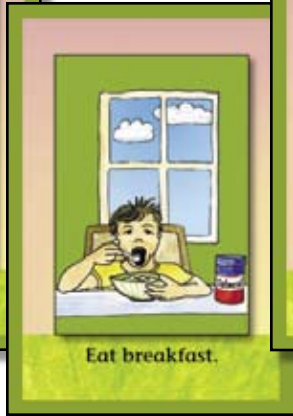
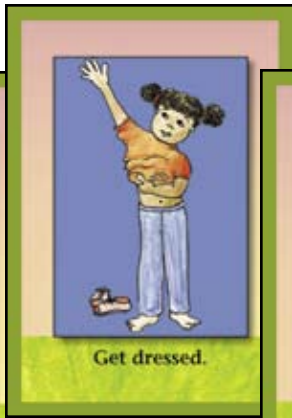
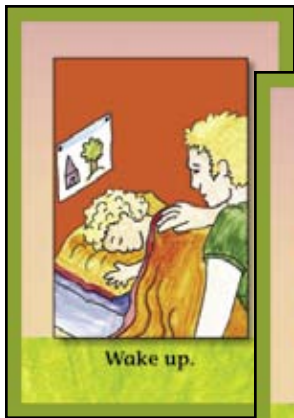




Ready for School



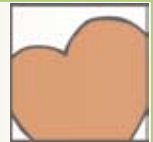
Ready for School

A morning routine gets children off to a good start! It is important for children's health and development, and will make life easier for you, too.

1.



Show Affection



Jane's mother shows her daughter love and affection as she wakes her up. She helps Jane start her day in a positive way.

One of the very best things parents can do for children is to make sure they feel loved.

2.



Routines



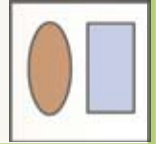
Carlos washes his face before he goes to school. He does it all by himself because it's part of his routine. Being clean and fresh makes him feel good about himself.

Being clean and dressed for the weather keeps children healthy. Eating breakfast gives them the fuel they need for their brains and bodies to grow.

3.



Give Choices



Carlos tells his mother that he doesn't want to wear a coat, but his mom knows that he needs one to stay warm and dry. Carlos's mother wants him to cooperate, so she gives him a choice about which coat to wear.

Children like to have a say in how they dress and what they eat. They will often cooperate more when parents give them choices. The key is to give them healthy choices.

4.



Encourage



Sol tells his mother that he thinks it might rain. She listens to him and lets him know that she appreciates his good judgment.

Encouraging our children means giving them praise and support. Children need their parents' encouragement to maintain a healthy morning routine.

5.



Manners



Jane raises her hand when she has something to say instead of just calling out her answer. This shows respect to her teacher and the other children.

The way people treat each other has a big effect on their emotional health. Children learn courtesy and manners through their parents' example.

Ready for School



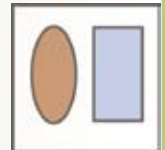
Show Affection



Routines



Give Choices



Encourage



Manners





1. Put an X under the day that you and your child practice your morning routine.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
X	X	X	X	X	X	X

2. Circle the picture of any parenting skill that you used that day.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Manners	Show Affection	Encourage	Give Choices	Routines