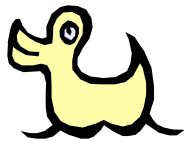


# GETTING OFF TO A GOOD START



## A CLEAN ROUTINE

Children should **brush their teeth** after every meal and **take a bath** every day. Don't forget to wash hair!



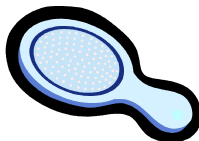
## BOUNDARIES / GOOD BEHAVIOR

Parents must **set limits** with children and teach them important social skills



## THE RIGHT FOOD

Children need three good meals each day. Provide **healthy snacks** like a banana, apple or some raisins.



## GOOD ROLE MODELS

Adults need to model **appropriate behaviors** to children. Children are always watching, listening and learning.



## TIME WELL SPENT

Put a limit on TV time and **spend some quality time** each day with your child asking him or her about school.



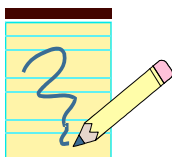
## READING

**Read to your child every day.** Reading at night is a great way to settle your child down before bed.



## BED TIME

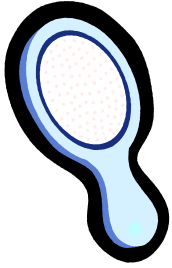
Children need a good night's sleep before school. Have a **set bed time** and stick to it!



## COMMUNICATION WITH SCHOOL

**Check your child's school bag** each night and keep track of **important school events** on your refrigerator.

# GETTING OFF TO A GOOD START



## GOOD ROLE MODELS

- Children learn all behaviors from others.
- Don't yell, curse or throw a fit...
- Monitor friends and family behaviors.
- Monitor exposure to TV and video games.



## TIME WELL SPENT

- Nothing can replace time with you.
- Limit TV, video games and computer time.
- When you talk with your child, you teach.
- **PLAY** with your child. Have fun.



## BOUNDARIES / GOOD BEHAVIOR

- Focus on your child's good behaviors.
- Set limits and offer 2 choices.
- Stay calm.
- If you set a limit, enforce it.

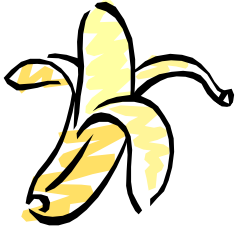


## BEDTIME ROUTINE

- **ROUTINE IS CRITICAL!**
- Children need at least 10 hours of sleep.
- Changes in routine increase poor behavior.
- Turn off the TV and other distractions.

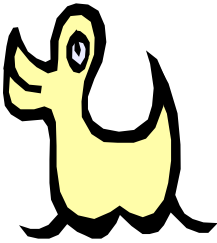
# GETTING OFF TO A GOOD START

## THE RIGHT FOOD



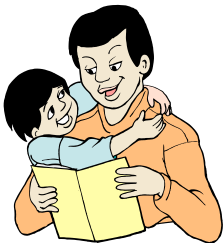
- Offer healthy foods.
- Drink water and milk. **NO SODAS.**
- Limit sweets.
- Main meal first, then dessert.

## A CLEAN ROUTINE



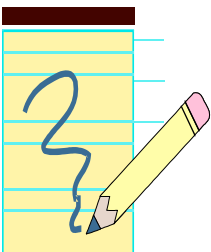
- Wash hands...all the time.
- Scrub, scrub, scrub at bath time.
- Make a game out of brushing teeth.
- Keep children at home when they are sick.

## READING



- Read or look at books each night.
- Re-read the same books over and over.
- Be a reading role model.
- Point out letters and words on signs.

## COMMUNICATION WITH SCHOOL



- Check back packs daily.
- Talk with your child's teacher.
- Listen to your child's teacher.
- School and home are on the same team.