



Family Newsletter

February 2024

It is already the middle of the school year and the first day of Kindergarten will be here before you know it. This month is a great time for a **quick check in** of your child's self- help and regulation skills.

MY CHILD

- Knows and says their first and last name, writes their first name
- Can tell someone what they need, express their feelings
- Can put their clothes and shoes on/off by themselves
- Knows how to snap, button and buckle
- Can feed themselves
- Can take care of their own bathroom needs
- Can blow their nose
- Can open their lunchbox and take items out independently
- Can put items in and take items out of their backpack
- Follows a 2-3 step direction
- Can sit quietly and listen to a story



MY OWN CHECKLIST

- Schedule a physical for my child
- Make sure their immunizations are up to date
- Make sure I have a copy of my child's original birth certificate
- Have a copy of something that proves my residency
- Call the school district where your child will be enrolling and ask them for the registration date/process.
- Make sure you get a list of everything needed for enrollment
- Start talking to your child about how exciting it will be to be in Kindergarten, answer questions, build up their confidence about the transition
- Go play on the school playground, schedule a visit to the school if possible or attend open school functions/events.

Being prepared and ready for the transition to Kindergarten, will help make the experience less stressful for you and your child, and will lead you both to a successful start in school!

What Is Self-Regulation?

Self-regulation are the skills children develop for managing emotions, thoughts, and behaviors. When children develop these skills they can be more successful at school. Here are some ways to help support your child's development of self-regulation:

- 1) Ask your child how they feel and talk to them about their feelings. This will help them learn to identify and manage their feelings.
- 2) Talk about appropriate ways to express feelings, like saying "I'm angry" or taking deep breaths to calm down when upset.
- 3) Provide your child with 2-3 choices when possible, like picking out clothes or snacks. This supports their independence and problem-solving skills.
- 4) Ask your child to repeat instructions to help them focus and know what you expect.



5 Fun Way to Celebrate Valentine's Day with Your Child

1. **Make Cookies together:** Decorate with red and pink sprinkles.
2. **Torn Paper Love Craft:** Tear up colorful paper and glue it on a heart-shaped design to make a collage.
3. **Valentine's Day Photo Shoot:** Take some fun Valentine's Day-themed photos with your child. Use props such as heart-shaped glasses, balloons, and other decorations to make it more festive.
4. **Valentine's Day Picnic:** Pack up your favorite food and have a special picnic even if indoors.
5. **Go on a Valentine's Day scavenger hunt:** This is a fun and active way to celebrate the holiday with your kids. Hide Valentine's Day-themed items around the house or yard and let your kids go on a scavenger hunt to find them.



An Initiative of the Southern Illinois Coalition for Children and Families

SUPPORTING HEALTHY ROUTINES

The Winter season is also cold season. Here are tips to practice with your child to stay healthy this Winter.

• Handwashing is key.

Encourage your child to create a healthy habit of washing their hands with soap and water after using the restroom, blowing their nose, and before meals.



• Keep coughs under cover.

Remind your child to cover their mouth and nose when they cough or sneeze.

• Rest is important.

Getting a good night's sleep supports good health.

• Dress for the weather.

It's important for children to dress warmly and keep their coat, hat, and gloves on when they are outside.



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