

### 10 things you should do before school starts...

- Be outdoors: explore nature, get muddy, find some bugs, go for a walk in the rain and jump in muddy puddles!
- Read to your child. Visit the library and make books part of your summer days. Most importantly, let your child see you read; to yourself and to them. Let them hear your silly voices. Let them tell you the best parts and predict how it will end. We tell them all the time they must read, but are we showing them we read?
- Rest! It is ok to not go out every day to keep busy.
- Keep the conversation going. Keep talking, communicating and questioning the things they see and wonder.
- Sit nicely and together at the table. Show them how to use a knife and fork correctly and purposefully. Can they attempt to cut up their own foods?
- Ensure they know personal hygiene: washing hands after going to the toilet and before meal times. Can they do it independently?
- Helping around the house; washing up together, tidying their room, putting the clothes in the washing machine, cleaning the car.
- Encourage kindness. Find someone or several others that your child can do something for, to bring a smile. Bake a cake, make a card, pick some daisies from the garden, sing a song...something simply for a smile.
- Do not always rush to the rescue! We know your children need you, but they need to learn to problem solve too. If your child is in a situation that is frustrating and not harmful (can't put together a new toy, open a lunch box or decide what colour top to wear) let them work it out! **Allow them to be independent learners!**
- Keep to a routine, children love a routine! Children do best when routines are regular, predictable, and consistent.