

## Questions for Caregiver Discussion

Print out and cut the questions into strips. Place the strips in a bowl or face down on the table for caregivers to take. Have caregivers volunteer to read their question and start the discussion.

What are some bedtime routines you do with your child?

Why do you think a routine or ritual is important?

Are there other ways to ease your child's anxieties about starting school? What are they?

What are some ways we can mentally prepare ourselves and our children for the stresses of kindergarten?

What do you think is the most stressful aspect of your child beginning kindergarten? What are some ways we can prepare them to overcome those stresses?

How can we familiarize ourselves with kindergarten expectations and help prepare our children now?