

BE PREPARED

Caregiver Gear Up Lesson

PURPOSE:

Help caregivers develop rituals and routines to ease the transition to kindergarten. Entering kindergarten can be a difficult change for caregivers, children, and/or both. Establishing some routines and rituals will help both caregivers and children feel more comfortable about embarking upon this new journey. Routines and rituals can help establish a sense of security and control over the new situation.

LEARNING GOALS:

- To learn how to help your child be prepared for school by creating routines.

POTENTIAL SPEAKERS:

- **Teacher or School Administrator** – Focuses discussion on importance of creating rituals that ease kids into a new situation. Should include both at-home and in-class rituals.
- **Caregiver Staff Member** – Focuses on how rituals and routines assist in facilitating homework, bedtime, and mornings in school success.
- **Children's Librarian** – Focuses on how rituals and routines assist in calming and supporting school success. Could provide book recommendations that would assist in preparing children mentally for kindergarten and encourage independence.

HOSTING THIS SESSION:

- PLEASE READ THROUGH CAREGIVER HANDOUT BEFORE HOSTING THIS DISCUSSION.
 - Welcome caregivers back.
 - Invite caregivers to share some of the at-home activities they completed with their children from last week's session.
 - Allow caregivers time to ask any questions.
 - Give out Caregiver Handout. Encourage caregivers to take notes on the back of the Caregiver Handout.
 - Announce today's theme - **Be Prepared**.
 - Introduce Guest Speaker and what they will be speaking about today.
- OR**
- Facilitate discussion using this lesson's discussion questions.
 - Distribute discussion questions to caregivers.
 - Have caregiver read question aloud.
 - Encourage everyone to answer the questions as a group.

CLOSURE:

- Review what children are learning today. Let caregivers know that their children worked on distinguishing appropriate dress for the weather and packing a backpack for school. Encourage them to talk about what they will pack in their backpack when they begin school.
- Encourage questions at the end of session.