

General Guidelines for Preschool Parents

Home Habits That Will Help Children in School

Teaching good school habits at home is another way to help children adjust to preschool. These habits also help your child to develop pride in work done at school.

You may find the following ideas useful:

Routines: Set times for going to bed, getting up, eating, resting and playing that will be best for your child's needs and school schedule.

Developing Responsibility and Independence: Taking part in appropriate tasks at home can begin with simple jobs and go on to more difficult ones. Guide your child to:

- put away toys and games.
- learn to put on clothing, shoes,socks.
- complete specific jobs/tasks.
- learn to select and hand up clothing
- help set and clear the table.
- tend to bathroom and personal grooming.

Getting Along with Others: Help children to get along with others by:

- arranging for them to play with friends (be sure they are supervised).
- teaching them how to share and respect other children's property.
- showing them that you value people's differences and respect others as individuals.

Making Decisions: Whenever the chance presents itself, you can allow your child to plan activities or solve problems by encouraging decision-making. This way parent and child can discuss which selection might be best. The choices should be kept simple: "Which book do you want me to read?" "Would you like an apple or a banana for a snack?" "Which game shall we play?"