



Before the First Day

(For the Children)

Personal Information

Your child should know the following personal information before leaving for school:

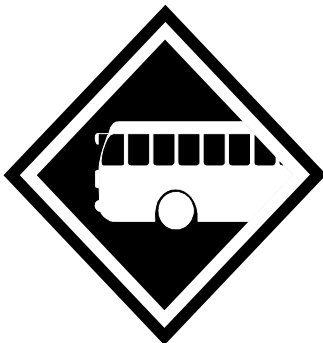
full name
address
telephone number
emergency contact person's name



If your child does not know this information, write it down and keep in backpack, lunchbox, or pocket. For safety, do not place on the outside of your child's clothing.

Bus Routine

Do a "practice" walk to the bus stop. Point out landmarks along the way. This is a good time to talk about



safety issues.
(See safety below)

Visit School

Take your child for a visit to the school. If you are planning to drop-off and pick-up, practice this procedure.

Introduce your child to the teacher. Walk around the school. Find the cafeteria, office, classroom, art room, computer room, playground, etc. (Tours of the school are often provided during spring round-up or fall open house)



Use Public Restrooms

Give your child opportunities to use restrooms in public places. This enables your child to feel more comfortable with the restrooms in school.



Schooldtime Schedule

Establish a schooldtime schedule. Consider bathtime, bedtime, wake-up time, time for dressing, packing lunches, and getting supplies



together. Have your child help you in making this schedule. Make it clear which responsibilities are yours and which are your child's.

Self-help Skills

Encourage your child to take responsibility and accomplish tasks independently.



Self-help skills that will help your child in kindergarten are:

- ✓dressing
- ✓tying shoes
- ✓toileting
- ✓washing hands
- ✓putting personal items away



Safety Rules
Make sure your child understands and obeys safety rules such as:

- ◇cross the street at crosswalks
- ◇walk on sidewalks
- ◇refuse gifts or rides from strangers
- ◇sit on the bus

For more information contact:



The Center for Parent Involvement (FCPI) was funded by the U.S. Department of Education; Goals 2000, Educate America Act from 1994-1999. Guided by an advisory board of parents and professionals, the FCPI's goal was to tap the power of parents.

The FCPI gathered information on parent needs, coordinated the information, and created a series of resources organized by theme, including fact sheets for parents and professionals, "Beyond the Basics" resources, and resource identification lists. Many of the resources have been translated into Spanish language versions, and every effort has been made to preserve the meaning and flavor of the original English documents. This series of materials provides a wealth of current information for both parents and providers; the complete set of resources can be obtained in PDF format on the Department of Child and Family Studies Website at www.fmhi.usf.edu/cfs/dares/fcpi. The staff of the FCPI are hopeful that their work will continue to help children get ready to learn for many years to come.

The series' themes include:

- Family Empowerment
- Parent Involvement
- Parenting Support
- School Readiness
- Violence in the Lives of Children
- Transition to Kindergarten

The Center was one component of a project led by Hillsborough County Center of Excellence in collaboration with the Department of Child & Family Studies at USF's de la Parte Institute and the Florida Children's Forum. Other project partners include HIPPIY (Home Instruction Program for Preschool Youngsters), Hillsborough County Head Start and Hillsborough County Even Start. For more information about these projects, call 813.974.4612.

Transition Series, Parent Tip Sheets, #5: Before the first day (for children).

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