

Getting ready for school

Your child will do better at school if she is prepared at home. You can do this by:

- ▶ Following a daily routine.
- ▶ Making her a healthy breakfast every day.
- ▶ Keeping the same (early) bedtime every night.
- ▶ Explaining how she should behave in school: sitting quietly at her desk, playing nicely with other children, and listening to her teacher.
- ▶ Teaching her to tie her own shoes.

Do not expect him to do as good a job as you – he is still a child after all!

Your child will feel good about his work if you reward him by saying, “You must be proud that you can make your room nice to play in.”

Give lots of hugs and praise.



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Version française disponible



Taking care of your year-old

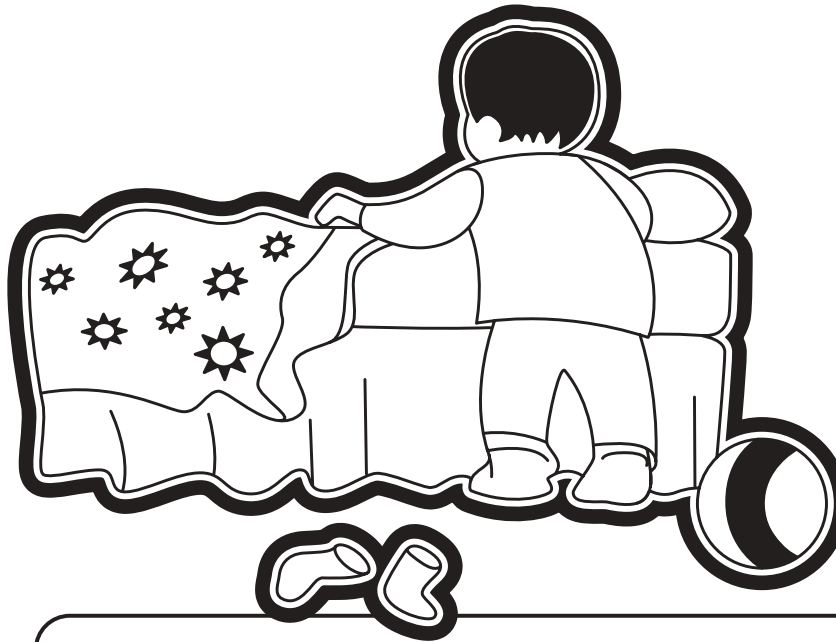


Conseil Cri de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay

Your 5 year old is ready
for a few simple
chores.

Everyday she can:

- ▶ Make her bed in the morning.
- ▶ Get dressed by herself.
- ▶ Brush her teeth in the morning and after meals (you brush them before bed).
- ▶ Carry her plate to the sink after meals.
- ▶ Help to put her toys away before starting a new activity, or before bed.
- ▶ Hang up her jacket and put away her shoes when she comes in the house.



He can also help you:

- ▶ Wash vegetables and fruits.
- ▶ Dry the dishes after you wash them.
- ▶ Help to sort laundry or measure the laundry soap.
- ▶ Help with baking or easy cooking (mixing dough, measuring ingredients).

