

Parent's Guide to Kindergarten

Part 4: Tools for Building Resilience

An easy-to-use resource to prep parents and young learners for a new school year

Fall 2020



- The Importance of Sleep
- Supporting Your Child's Independence Through Routines
- Tackling Technology
- Healthy Screen Time Habits



The Importance of Sleep

Take Steps Towards Successful Shuteye

Is bedtime a power struggle for you and your child? Bedtime doesn't have to equal "dreaded time" in your home! Many of the tips in this guide can help ensure peaceful sleep: monitor screen time, avoid overscheduling activities, and keep a regular routine. Set a realistic daily schedule that your family can consistently follow to make sleep a priority—your child will find comfort and security in the predictability of the day!

Those predictable days will ideally lead to a smooth bedtime. Night routines can include books, teeth brushing, bathing, and bedtime. The first few days of your new chosen routine may have some speed bumps in the form of complaining or sloth-like behavior, but persevere! Your diligence will pay off on more hectic days when your child surprisingly reminds you about what comes next in the nightly routine.

The research is clear: children learn more and are healthier when they get enough sleep. While there are no hard-and-fast rules for bedtime, you can use this chart as a guide to help you set a bedtime you can consistently maintain.

What Time Should Your Kids Go To Bed							
Wake Up Time	Age 5	Age 6	Age 7	Age 8	Age 9	Age 10	Age 11
	Bed Time						
6:00 AM	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:45PM	8:00 PM	8:15 PM
6:15 AM	7:00 PM	7:15 PM	7:15 PM	7:45PM	8:00 PM	8:15 PM	8:30 PM
6:30 AM	7:15 PM	7:30 PM	7:45PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM
6:45 AM	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM
7:00 AM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM
7:15 AM	7:45 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM
7:30 AM	8:00PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM



Supporting Your Child's Independence

By the time your child is in kindergarten, they should be helping out with simple chores around the house. Print out this responsibility chart and laminate it for future use. Use the chart daily to encourage independent thinking and personal growth.

Here are some typical responsibilities that kindergarteners have, as well as 15 afternoon activities to get your child into the routine of building their literacy and numeracy skills at home:

Daily Responsibilities:

Morning	Afternoon	Evening
I can make my bed. <input type="checkbox"/>	I can take off my shoes. <input type="checkbox"/>	I can wash my hands. <input type="checkbox"/>
I can dress myself. <input type="checkbox"/>	I can rinse out my water bottle. <input type="checkbox"/>	I can help set the table. <input type="checkbox"/>
I can eat breakfast. <input type="checkbox"/>	I can put my school things away. <input type="checkbox"/>	I can help clean up the table. <input type="checkbox"/>
I can brush my teeth. <input type="checkbox"/>	I can choose one activity to work on before I play. <input type="checkbox"/>	I can put my pajamas on. <input type="checkbox"/>
I can get my things ready. <input type="checkbox"/>		I can brush my teeth. <input type="checkbox"/>

My 15 Afternoon Activity Ideas:

1. Read aloud to a family member or my stuffed animal.
2. Practice my ABCs with magnetic letters or markers.
3. Practice my ABCs by tracing and saying the sound of each letter.
4. Write my family members' names using a pencil or crayons.
5. Play "I spy" to work on my colors and shapes.
6. Act out a scene from the book I am reading.
7. Play alphabet, colors, or shapes bingo.
8. Complete a puzzle.
9. Write a sentence about something for which I am thankful.
10. Practice my sight words.
11. Create an illustration of my favorite part of my day.
12. Find objects around the house to represent numbers 1-20 (e.g., 1 block, 2 shoes, etc.).
13. Build a really high tower with blocks.
14. Make my name with modeling clay.
15. Write about my favorite part of the day.



Tackling Technology

Technology is everywhere! In today's schools it can take the form of computers, televisions, tablets, and, yes, even cellphones. Educators often see an increase in learning and engagement with technology use. Digital tools can help accommodate various learning styles and support audio and visual learning.

While technology can be an engaging tool for learning, socializing, and fun, parents still need to set boundaries on technology use! Talk to your child often about how to use technology appropriately and how to stay safe online.

Helping @ Home

Be available and present when your child is using technology, especially when completing online assignments for school. Below are some suggestions on how to support and encourage the safe and effective use of technology.



1. **Talk to your child.** Parents ask their children where they are going and who they are going with whenever they leave the house. They should take the same approach when their children go on the Internet—where are they going and who are they with?
2. **Develop rules.** Together with your child, develop rules about acceptable and safe behaviors for all electronic media. (Check out the digital citizenship pledge for inspiration: <https://www.education.com/worksheet/article/digital-citizenship-pledge/>)
3. **Explore the Internet.** Visit the websites your child frequents. Many websites and online activities are beneficial.
4. **Talk with others.** Talk to other parents about how they have discussed technology use with their children.
5. **Connect with the school.** Work to develop a partnership around technology use in and out of school.
6. **Educate yourself.** Stay informed about the new devices and websites your child is using. Continually talk with your child and explore the technology yourself.

Source: Centers for Disease Control



Healthy Screen Time Habits

Technology is everywhere and can be an engaging tool for learning, socializing, and fun. At the Kindergarten age, your child should only spend a limited time on the screen. Setting screen time limits—and helping kids moderate their own habits—are all about finding the right balance for your family's needs and lifestyle.



Tips to Foster Healthy Screen Time Habits

- Make rules about screen use, including place (e.g., only in the living room and not in the dining room or bedroom) and time (e.g., 30 minutes a day on the weekends). Setting a timer is a great strategy for children.
- Be with your child and interact with them while they are on the screen. Talk about the game or app they are playing, and encourage them to tell you their thinking process. The same goes for TV shows or videos—talk to your child and have them describe what they watch.
- Research each app or game before you let your child use it. Many games claim to be educational but aren't actually age-appropriate or instructive. Read reviews and pay attention to what pediatricians, educators, and other parents say.
- Avoid screen time before bed. If your child avoids screens prior to bedtime, they are more likely to fall asleep easily.
- Schedule physical activity and outdoor play as much as possible for your child before they spend time on a screen. Think of screen time as the last thing on your child's to-do list. There are many more important and beneficial activities for your child to do, such as digging in the dirt, painting, dancing, or building a fort. Screen time can be a form of relaxing after exercise and a little is okay.