



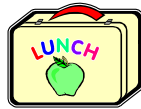
The Final Days

(Tips For Final Preparation & Drop-off)

The Week Before...



Get the supplies requested by the school (book bag, crayons, glue, nap mat or towel, etc.)



Label all personal items with your child's name in permanent ink. (Clothing, lunch box, book bag, nap mat or towel, etc.)



Take prescription medication that must be administered during the school day to the school nurse.



Discuss plans for drop off and pick up in detail. (If possible, do a "practice run" prior to the first day.)



Plan a separation routine. If possible, include your teacher or car

pooling partner in the routine (be sure to let them know about it ahead of time). Select a series of steps that you will take every day. (Child puts belongings away, parent describes what they will do after school and says good-bye, child goes to her teacher/driver/walk partner for a morning greeting, parent leaves).



Discuss any last minute fears or questions (What if I have to go to the bathroom? What if I forget where you are going to pick me up?)

T

he night before




Review a school-day routine with your child (bath time, bed time, wake up time, homework time) **ENFORCE BEDTIME** to make sure your child will be well rested.





Put money for meals in an envelope with your child's name and what it is for on the outside. Put

the envelope in a safe place (book bag, secure pocket, etc.)


 Put clothes out the night before. Make sure that your child will be dressed appropriately for the weather and school setting.


The first day


 Wake up in plenty of time to prepare for school.


 Have your child eat breakfast at home or make sure that he has money and time for breakfast at school.



 Review the drop-off and pick-up procedures & separation routine with your child.


 Make sure your child knows his full name, address, phone number, and emergency contact. If he does not know this, write it down and put it with his personal belongings.

 Arrive on time; before school starts, but not so early that there is no supervision. Remember, a long wait for class to begin can add to the stress.

 Leave your child promptly, with a positive attitude, after you have completed your planned separation routine.



At the end of the first day

 Greet your child at the planned time and place.

Ask your child about her day. If you simply ask "How was your day?" The response will likely be "Okay." Or "Fine." Instead, ask specific questions such as "What was the best thing that happened today?" "Who is the funniest person in your class?"

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 HIPPI (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, #6: Final days.

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