



*Your Library partners with families to prepare children for kindergarten*

### **This week's theme is Health, Safety, and Personal Care**

**Early Learning Standard 2.4: Daily Living Skills: Children demonstrate healthy and safe behaviors that contribute to lifelong well-being.**

1. Kids can wash and dry their hands, wipe their nose with a tissue, and brush teeth with assistance.

**Parents can:** Provide adequate time, encouragement, and opportunities for their child to accomplish his/her own care routines and encourage efforts in dressing, eating, hand washing, brushing teeth and bathing.

2. Kids can give an adult information on his/her health status, such as telling a teacher when he/she is not feeling well.

**Parents can:** Model words to describe symptoms of illness, such as "Your face feels hot," or "Does your tummy hurt?"



**Standard 2.5: Nutrition: Children eat and enjoy a variety of nutritional foods and develop healthy eating practices.**

1. Kids can select healthy food choices.

**Parents can:** Engage children in planting, growing, and choosing nutritious foods, such as having them choose the type of fruit or snack, and prepare a vegetable for lunch.

2. Kids can help to set the table, select foods, and serve themselves.

**Parents can:** Allow children to participate in meal planning and preparation to the ability with regard to familial and cultural practices.

**Standard 2.6: Physical Fitness: Children can demonstrate healthy behaviors that contribute to lifelong well-being through physical activity.**

1. Kids can engage in activities that are challenging with needed adult assistance, such as climbing to the top of the slide.



**Parents can:** Model physical fitness, by playing, dancing, and moving with your kids.

2. Kids can play physical game - both with and without rules - with peers, such as “Ring Around the Rosie” or “Duck, Duck, Goose.”

**Parents can:** Provide opportunities and materials for active, non-competitive games that encourage positive social and physical skills, such as “Follow the Leader” or “Hide and Seek.”

**Standard 2.7: Safety Practices and Awareness of Rules: Children can develop an awareness and understanding of safety rules as they learn to make safe and appropriate choices.**

1. Kids can control or appropriately express intense emotions most of the time.

**Parents can:** Teach children appropriate and safe ways to express their emotions such as singing a song until it is their turn, or running around the playground to burn off frustration. Reading stories in which the characters resolve difficult problems sets a good example for how to handle challenges.

2. Kids can make choices about behaviors or activities when presented with alternatives

**Parents can:** Offer kids meaningful choices throughout the day, such as, “Do you want to sit next to me or your friend?” or “Which book would you like to read today?”

3. Kids can recognize and describe the reasons for rules.

**Parents can:** Allow children the opportunity to create rules, modify them based on family needs, and post them as a reminder.



For more tips about what you can do to help your child get ready for school, send “SIGNUP” to 406-204-3583 or ask a children’s librarian.