

HELPFUL TIPS FOR EARLY EDUCATION

Communication

Keep open communication with your child's teacher and let them know when your child will be absent or late.



10-12 Hours of Sleep

Follow a bedtime routine and go to bed around the same time each night.

Drop Off

When it comes time to say goodbye to your child, don't linger or sneak away. Establish a goodbye routine whether it's a hug and a kiss or a secret handshake, and then leave. This helps set the expectation that goodbye means goodbye and you will return to pick them up later. Be confident as your attitude can reassure your child.



Clothing Items

- Send slip-on or Velcro shoes that children can put on independently.
- Clothing that is easy to pull up and down makes toileting easier for your child.
- Teach your child to hang up their coat by the coat loop or hood.
- Pack an extra set of clothing in case of spills or accidents.



Connection

Back and forth conversations with your child is one of the best activities you can do to build strong brains. Give them your full attention. This builds strong brain connections, buffers stress in young children and provides so much learning! Play with your child and look at books together to further strengthen their development.

<https://www.buildingbrains.ca/blog/category/Children>

Snacks

Send healthy snacks in easy to open containers when possible with water to drink. Nuts are not allowed due to allergies.



Canada's Food Guide

