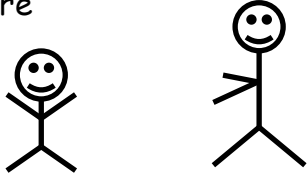
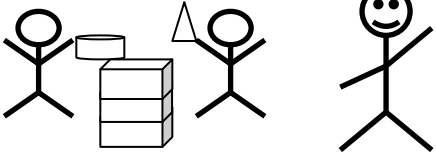
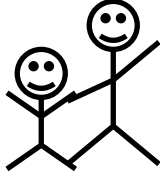



# Getting Ready for School - Tips from Southern Kennebec Healthy Start

<p>I am Secure</p> 	<ul style="list-style-type: none"> <li>• Be there with your child, model and support coping</li> <li>• Avoid exposure to scary TV, movies, video games</li> <li>• Manage your own personal stress—Parents teach &amp; guide better when feeling 'warm', rather than emotionally 'hot'</li> <li>• Give/receive in a community of resources for children</li> <li>• Provide a safe welcome for child's return from exploring</li> </ul>
<p>I am Capable</p> 	<ul style="list-style-type: none"> <li>• Support curiosity and confidence in safe exploring</li> <li>• Support your child's 'growing edge' of independence</li> <li>• Ask questions, wonder together about things, listen to your child "think out loud"</li> <li>• Whenever possible, follow your child's lead</li> </ul>
<p>I am Lovable</p> 	<ul style="list-style-type: none"> <li>• Share time together, learn about your child's interests, join in your child's play, build a team relationship</li> <li>• Find and build on strengths in your child's challenging style</li> <li>• Let your "rules" (not your feelings) lead to consequences</li> <li>• Communicate your care and love, while you teach and guide problem-solving, decision-making &amp; learning by experience</li> </ul>
<p>I am Healthy</p> 	<ul style="list-style-type: none"> <li>• Young children's brains typically need about 12-15 hours of night + nap sleep to be ready for learning and self-control. A regular bedtime routine and schedule helps.</li> <li>• Feed healthy bodies &amp; brains [5 fruits/vegetables a day]</li> <li>• Limit TV, movie, and video-game screen time. [2 hr]</li> <li>• Encourage active play, family activity, walking, etc. [1 hr]</li> <li>• Avoid caffeine in child drinks. Limit sugar [0 soda]</li> </ul>

Provide print and website references on back of card. Collect resources for Healthy Start website.

<p>Secure</p>	<p><a href="http://www.circleofsecurity.net">www.circleofsecurity.net</a>          "emotional thermometer" (Hot-Warm-Cool)          Parenting From the Inside Out (Siegel &amp; Hartzell)          Video violence exposure? Garbarino re myths of invulnerability &amp; parental security</p>
<p>Capable</p>	<p><a href="http://www.circleofsecurity.net">www.circleofsecurity.net</a>          Greenspan, " , following the child's lead</p>
<p>Lovable</p>	<p>Steps in relationship development          Kurcinka re: temperamental styles &amp; strong spirited child <a href="http://www.parentchildhelp.com">www.parentchildhelp.com</a>          'Verbal, Nonverbal, and Relationship Messages' with discipline and guidance          Building Social Engagement as a (lovable) way to deal with conflict and stress, rather than (hard to love) control struggles</p>
<p>Healthy</p>	<p>Kurcinka on sleep and ADHD symptoms, behavior, learning problems (above)          Data and guidance on activity, caffeine, sugar, calories, diabetes, obesity          Dental hygiene? <a href="http://www.mypyramid.gov/preschoolers/index.html">http://www.mypyramid.gov/preschoolers/index.html</a></p>

## SLEEP

[www.parentchildhelp.com](http://www.parentchildhelp.com)

But if your child is misbehaving, it's very likely that he or she is crying for sleep. Sleep deprived children may include babies who are sleeping less than fourteen hours in a twenty four hour period; toddlers sleeping less than thirteen hours, preschoolers less than twelve hours, school-age children less than ten hours, or adolescents sleeping less than 9.25 hours a night. And until your child gets more sleep, no punishment, no discipline strategy will stop the challenging behaviors. Sound sleep is an essential key to good behavior. The problem is that children rarely tell you that they are tired. Instead they get wired, which escalates into a frenzy of energy. It's as though their body is out of control — and it is.

## NUTRITION

<http://www.archive.org/details/childhood-matters-06-06-04>

[www.mcph.org/Major\\_Activities/KeepMEHealthy/Guide\\_to\\_Effective\\_Communication.pdf](http://www.mcph.org/Major_Activities/KeepMEHealthy/Guide_to_Effective_Communication.pdf)



## SECURITY

[www.circleofsecurity.net](http://www.circleofsecurity.net)

