

CREATING ROUTINES THAT EASE HOME-TO-SCHOOL TRANSITIONS

Transitioning to school, whether it's the first day or another Monday morning, can create a mix of emotions for you and your child. Take time to create fun and familiar routines around waking up, mealtimes, bedtime and more. Practicing routines will help your child know what to expect, feel safe and secure, and ease their transition to school. Also, being a part of your child's routines builds important connections in their brains for school, friends, and life!



CHECKLIST Suggested Age: 3 - 5 years

Help your child develop routines around eating times, playtime, and bedtime. Help them make a chart for what they do when they wake up:



Get dressed, **check.**



Eat breakfast, **check.**

Look out the window and ask, "Will you need a raincoat today?"



Grab jacket, **check.**



Brainy Background™

Having routines around the major times of the day helps children understand their experience and know what to expect. Predictability helps children feel safe and planning ahead is good for their brains.



Learn more about **creating brain-building opportunities** with your child!

