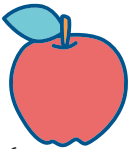
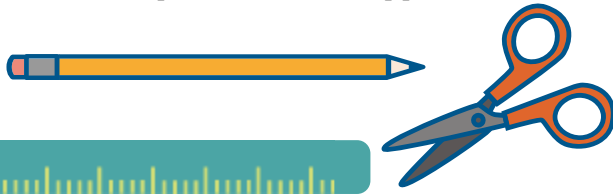


INTRODUCTION



Summer is drawing to a close, and that means school will be starting soon. This issue of Oregon Parenting Together will focus on getting your children ready for the transition back to school. Learn what skills will help you child, and what you can do to support them.



SKILLS BESIDES THE ABCs and 1,2,3s

If you have a child who will be entering kindergarten this fall, you like many parents, are preparing your child for this new stage in learning. Before starting school you may work with you child to make sure they know their ABCs, can count to 10, and know some simple shapes and colors. Besides those academic skills, there are other skills your child needs so they can to do well in school. Children entering school should also be able to listen to others, take turns, talk about their thoughts, and be excited about learning. Research shows that working on a child's ability to pay attention, remember instructions, and control their behavior may provide great support to early academic skills.



This series of newsletters is inspired and created just for parents. If you have suggestions, comments or ideas for future newsletters please share on our Facebook (Oregon Parenting Education Collaborative) or Twitter page (@OPECParentingEd).

Playing games like these with your children helps them...

Stop Listen Think Act



- *Simon Says*
- *Red Light, Green Light*
- *Freeze Dancing*

Once they are familiar, make these games more challenging by adding options and changing rules.

Examples of adapted games can be found here:

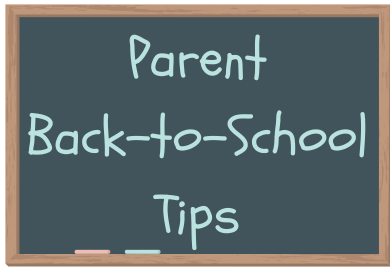
<http://www.semel.ucla.edu/sites/all/files/page/associated/Games%20and%20Activities%20to%20Promote%20Self-Regulation%20in%20Children%20JD%20081913.pdf>



Find us on Facebook (Oregon Parenting Education Collaborative) & Twitter (@OPECParentingEd)!



PARENTS, YOU ARE GOING BACK TO SCHOOL TOO! ARE YOU READY?



The first day of school is always an exciting time filled with curiosity, hope, nervousness, and joy for both parents and children. Parents, you play an important role in your children's success in school. Research shows that parents who are involved in their children's schooling are more likely to have children who do well in school. As a parent, there are lots of things you can do to help your children ease back into school and have a great year. Just follow the three I's; **Interest, Invest, and Involve!** One way to help is to be **interested** and excited when you talk to your children about going to school. If you are excited, they see that school is a good thing. But you should also listen to your children's concerns. They may be nervous about making friends, or getting to know their teacher. Hear what they have to say, and together come up with ways to deal with those fears. Helping your children with homework is another great way to show you are **invested** in their learning. It shows your children you are concerned about what they are learning, and you can spot any gaps they may have missed. One very important thing you can do as a parent is get **involved** with school activities. Research shows that children who struggle in school often have parents who rarely participate, or only do so when there is a problem or misbehavior. However, children who do well often have parents who check in with the school and have a good relationship with the teacher before there is a problem. Be proactive! Introduce

yourself to your children's teachers, and ask them how you can get involved. These are just some of the ways you can help your children have a good year. You make a difference! **Be interested, invested, and involved in your children's schooling!**

FUN WITH YOUR KIDS Make Liquid Sidewalk Chalk!

Mix 1 cup of water with 1 cup of cornstarch. Pour into muffin tins and add food coloring. Dip paintbrushes in the liquid chalk and start creating art!



Find your local parenting resources at:
<http://orparenting.org/>



**OREGON
PARENTING
EDUCATION
COLLABORATIVE**

**THE COLLINS FOUNDATION
THE FORD FAMILY FOUNDATION
MEYER MEMORIAL TRUST
THE OREGON COMMUNITY FOUNDATION
OREGON STATE UNIVERSITY**

Parent Involvement Resources

- **Ready, Set, Connect to Kindergarten** - Booklet and games by Portland Public Schools
<http://www.pps.k12.or.us/departments/kindergarten/1591.htm>
- **Kindergarten Readiness: Help your child prepare** - The Mayo Clinic <http://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/kindergarten-readiness/art-20048432>
- **First Five California**
- <http://www.cfc.ca.gov/parents/default.aspx>

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