



FOR IMMEDIATE RELEASE
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Countdown to Kindergarten Tip: Help Get Children into a School Routine

The new school year is just around the corner! Easing children off their summer schedules and acclimating them to a school routine helps get them ready mentally and physically for the start of school. Especially for kindergarteners, establishing a “back to school” routine towards the end of summer can help build children’s confidence about starting school.

Getting Back into the School Routine

- As the first day of school approaches, move bedtime back to an earlier time.
- In the summer, it’s easy to slip into having meals at irregular hours. Start to make meal times more regular and aligned with the school year schedule.
- Put a positive spin on going back to school. Talk about the fun things your child will be learning, the old friends he’ll see and the new friends he’ll make.
- If your child is anxious about starting the next grade, reassure her that other children have these feelings too.
- Don’t make plans for big trips right before the start of school.
- Establish school-day schedules for homework, TV, baths and bedtime.
- Arrange play-dates with friends from school to re-establish connections that may have been dropped for the summer, or to create new ones.

Confirm Your After-School Care Arrangements

- Make sure your child knows where he is going after school.
- Double-check on your care plans and touch base with the provider before school starts.
- If your child will be home alone after school, establish safety rules for locking doors and windows, and for answering the door and the telephone. Make sure she knows to check in with you or another adult when she arrives at home.

Control the TV

- As you get ready to go back to school, start to put limits on watching television if you haven’t done so during the summer.
- Set an example by not watching a lot of TV yourself. Have family activities such as reading or board games.
- Choose wisely. There are some TV programs that can be a valuable tool for learning and expanding one’s awareness of the world.

Source: GreatSchools.net

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S.C. First Steps to School Readiness is a comprehensive, results-oriented statewide education initiative to help prepare children to reach school healthy and ready to succeed. Along with partners EdVenture Children’s Museum and Voices for South Carolina’s Children, First Steps designed the Countdown to Kindergarten program to leverage local resources to help prepare S.C.’s most at-risk children into kindergarten, to target early parent involvement and increase community awareness of the importance of school readiness. Nearly 1,200 children and their families across the state will participate in this year’s Countdown program. Countdown teachers conduct a series of eight visits to each participating family’s home to prepare the child for starting school and open the relationship with the child’s family.

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