

# BEYOND ABCs & 123s

## A TIME FOR PARENTS

### Northern Carleton Civic Centre—Florenceville

While your child is attending the School Readiness program, please, join us and other parents as we meet to exchange ideas on topics that are beyond ABCs.

This is an opportunity for parents to come away with some new strategies, tools and information and a chance to meet and exchange ideas with other parents, whose children will be starting Kindergarten.

Together, we will look at some common concerns and answer questions around the following topics:

- 1. The Journey Begins:** What happens during a day in Kindergarten? Children need the skills to:
  - Listen to stories
  - Play with other children/make new friends
  - Solve problems
  - Talk about daily events
  - Transition easily between activities
  - Eat meals and snacks independently
  - Ask for help
  - Take care of their basic needs
- 2. Routines:** A look at the importance of routines to help make a child's day and a parent's day go smoothly. Do routines come easily for my child and for our family or are they a challenge? What routines 'work well' for my family?
- 3. Attention and Focus:** Helping children learn by increasing their ability to focus, attend to tasks and follow directions at school and at home. Why is it a child can focus on movies or video games for hours but can't focus on school work for more than five or six minutes? What gets in the way of a child's ability to focus?
- 4. Emotional Readiness:** What is emotional readiness and is your child be emotionally prepared for school?
  - Does your child stay calm and focused when required?
  - Does your child get upset when you leave?
  - Can your child leave behind his/her 'security blanket'?
  - Is your child able to cooperate with another adult?
  - Does your child have the ability to control his/her own emotions?
  - Does your child frustrate easily?
  - Is your child impulsive or easily distracted?

You can register for these sessions on the first day that your child attends the School Readiness Program. The dates for each of the topics are listed below.

The Journey Begins - October 7 @ 1:00

Routines - October 14 @ 1:00

Attention and Focus - October 21 @ 1:00

Emotional Readiness - October 28 @ 1:00

The staff of Family and Early Childhood West will call/email you with reminders for these sessions.

If you are unable to attend, please, call the Woodstock office at the number below.



Family and Early Childhood West  
1-855-4KidsNB (454-3762)