Dear Pre-K Families,

We’re hoping you and your family are having a great school experience!

The first weeks of school can be exciting for children and for some it may take time to get used to a new routine and place. In this newsletter, we provided tips to assist in creating a healthy routine to support your child’s transition to pre-K.

Warm Wishes, MNPS Pre-K Team

Family Activity Corner

Reading is fun at any age! Most pre-K students are being exposed to books when they are listening to their teacher during class or picking up a book to look at home. A really fun book about the alphabet and letter recognition is Chicka Chicka Boom Boom by Bill Martin.

When you read the book with your child – have fun with it! Feel free to read or sing the book. When you start the book, point out the letters in the book title. As you read, encourage your child to point out the letters in their name.

Activity Idea: "Sing the ABC’s." The next time you are waiting in line at the store or in the car, sing with your child. Have fun with the ABCs! Sing soft, loud, slow, fast, etc.

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Parent Spotlight
Learning how to read to your child can be a fun experience for both you and your child! It’s a time not only for you to both enjoy a book, it’s also an opportunity for you both to be creative. The next time you read with your child, consider these fun ways to read:

Read Together Daily
Find a special time to read together, perhaps after dinner or at bedtime.

Have Fun When You Read
Feel free to use expression when you read. Consider using a loud voice, a high pitch voice or make funny noises, if needed in the story. Have fun with the book and so will your child!

Check Your Reading Temperature
If you notice your child is not paying attention when you read together – it’s okay! It’s a good opportunity to either select another book or work with your child to create and tell their own story.

Also, don’t forget to include younger or older siblings, since it’s a great opportunity for the whole family to participate in a good book!

Pre-K Family Support Corner
Creating a healthy routine can really support your child’s first year in school.

Here are few ways you can build your routine:

- Try to have your child go to bed at the same time each night. At least 8 hours of uninterrupted sleep is recommended, per night.
- Walk with your child to their classroom or school drop off area daily.
- Create a daily ritual when you leave him/her at school such as saying, “I love you and will be back this afternoon” to give your child an indicator of time and that you will be back. You can also leave a family photo in your child’s backpack, so they know you’re with them.

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