

September 7, 2018

Dear Parents,

Thank you for attending Back to School Night last night! We appreciate the effort it took to attend in light of the weather. The teachers enjoyed meeting with you and look forward to a productive and exciting school year!

Since I didn't have much time to spend with you last night, here are a few reminders for ways you can support your child this year:

- **Establish a consistent bedtime routine.** Remember, young children need 10-12 hours of sleep a night.
- **Involve your child in making decisions about things like lunch and snack.** Look at the school menu together. If lunch will be packed, plan the "menu" the night before.
- **Lay out clothes** for the next day. Allow your child to make simple choices from a set of options you are prepared to accept.
- **Let your child participate in simple household chores**, such as setting the table, unpacking groceries, and putting away his/her toys.
- **Teach self-help skills.** Help your child learn to button and zipper, open lunch containers, blow his/her nose, and use the bathroom independently.
- **Think aloud** as you manage or complete tasks so your child can hear and learn from your process.
- **Read aloud to your child every day.** Even just a few minutes a day will benefit your child tremendously!
- **Encourage free play and limit screen time.**

Here is a link to a great article about the importance of play in children's lives:

<https://www.nytimes.com/2018/08/20/well/family/let-kids-play.html>

The **GPFA Welcome Tea** on Wednesday is a chance to meet other parents and visit with some of our teachers for a few minutes. We hope to see you there!

Wishing all of our families who are celebrating Rosh Hashanah a sweet and Happy New Year!

Warm regards,

Lynn Herschlein