

Family Living Focus
by
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York Co.
Penn State Extension



Be enthusiastic about the upcoming change. If you are excited and confident your child will be too.

Visit your child's school before the year begins. If possible meet the teacher and see the classroom.

Gradually change your child's bedtime and morning routine to mirror what you will practice for school days.

If this is your child's first experience with school, visit your library and find books about going off to school.

To help with their language skills read aloud to your child regularly, at least 20 minutes every day is best.

Play "Let's find everything in the house that starts with the letter M' (or any letter you choose).

To help with math skills, talk about numbers in your daily routine, for example, "How many plates do we need on the table? One for Mommy, one for Grandpa, and one for Jenny."

Ask your child questions such as "Which has more or less?" Or, "Which one is bigger/smaller?"

To help build science skills take your child to visit oceans, swamps, parks, airports, etc. and talk about what you find there.

Hopefully going off to school

year's teacher conduct class? Who were the other children in her class and how would they treat her? What things would she be learning? Could she handle all this new material? What about the bus ride?

These concerns and many others are on the minds of our children, especially those who will enter school for the first time this year. Some of the best gifts we can give our children are the skills needed to do well in school. As a parent you can help your child succeed. Following are some suggestions to help ease the transition and give them some skills for going to school.

Talk to your children about your own school experiences and how you felt. Ask them to share their feelings with you.

Ready, Set, Go Getting Children Ready To Go Back to School
I'm beginning to see the ads for all those school supplies; pencils, pens, backpacks, notebooks.

Is it really that time again? Where did the summer go?

How well I remember those final weeks of summer just before school started. Our daughter would secretly feel the stress of the unknown and exhibit behaviors that we did not recognize. She was cranky, irritable and just generally hard to be around, very different from her usual pleasant demeanor.

We discovered after some investigation that she was concerned about the upcoming school year. How would this

Chester County Garden Tour

WEST CHESTER (Chester Co.) — The Trial Garden is part of an education promotion program of the Penn State Horticultural Trial Garden and Penn State Master Gardener's in cooperation with the Pennsylvania Floral Industries Association and Pennsylvania Landscape and Nursery Association.

Each year superior plants from Penn State Trial Gardens are distributed to Penn State Pennsylvania Counties where they are displayed and evaluated in local Trial Gardens planted and maintained by the local Master Gardener's.

The purpose of the local Gardener Selects Trial Garden is to increase awareness of these

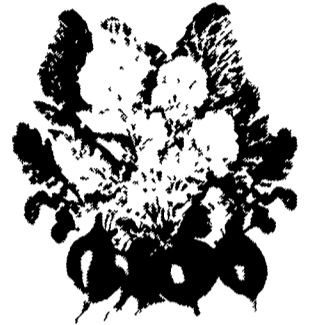
plants, encourage ornamental horticulture, provide experience in evaluating plant performance, and promote the Master Gardener Program.

Educational tours of the Pennsylvania Gardener Selects Trial Garden will be conducted at the Chester County Government Service Center, 601 Westtown Road, West Chester, Thursday, Aug. 28 at 4 p.m., demonstration on dividing perennials, and Monday, Sept. 8 at 4 p.m., demonstration on repotting a pot-bound houseplant. Meet outside of the Government Services building main entrance for the tour.

For more information, call the Penn State Chester County Master Gardener's at (610) 696-3500.

will be a smooth transition for you and your child.

If you would like a set of brochures dealing with getting ready for school entitled "Ready, Set, Go" by Daniel Perkins, PhD, Penn State University, contact your local Penn State Cooperative Extension office, or for more information go to <http://readyweb.crc.uiuc.edu/>.



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