










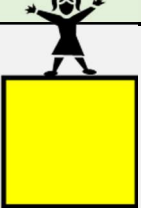


Child should BE/Have/DO	Some ideas:
<p>Present <i>More than 10 absences will get you in trouble</i></p> 	<ul style="list-style-type: none"> • Don't allow child to skip school-if problems talk with teacher • Make up work when out • Have Plan B for when you're sick or have to work
<p>On Time</p> 	<ul style="list-style-type: none"> • Know when 1st bell rings • Set alarm for leaving the house on time • Parents get enough sleep so don't oversleep • Get things organized night before • Have consequences for being late
<p>Awake</p> 	<ul style="list-style-type: none"> • Child gets 10-12 hours of sleep • Feed some protein in am
<p>Healthy</p> 	<ul style="list-style-type: none"> • Wash hands with soap • Get plenty of sleep, healthy food, exercise • Get vaccines • Check classroom for soap, Kleenex or send • Don't share towels, glasses, etc. esp. during winter
<p>Not hungry/thirsty</p> 	<ul style="list-style-type: none"> • Have breakfast at home or at school • Pack water bottle and snacks
<p>Not upset - be eager to learn</p> 	<ul style="list-style-type: none"> • Try to be calm and positive in the morning • Avoid scary TV or stories • Get help with family problems or stress • Be positive about school, teacher, learning

Child should BE/Have/DO	Some ideas:
backpack and pencil 	<ul style="list-style-type: none"> • Buy during Summer so good selection • Keep in same place close to front door • Make it child's responsibility to bring
good self-help skills 	<ul style="list-style-type: none"> • Don't baby your child! • Praise child for opening juice boxes, wiping in bathroom, washing hands with soap, putting on shoes, buttoning, etc.
able to listen and follow instructions 	<ul style="list-style-type: none"> • Model this! • Make eye contact with child while speaking • Don't interrupt them • Check to make sure they understand, have repeat • Have doctor check hearing if concern • Talk with teacher if attention is a problem
sit still 	<ul style="list-style-type: none"> • Praise child for sitting still • Know that this is hard for kids-especially active boys
keep hands to self 	<ul style="list-style-type: none"> • 1st-model this! • Expect child to be respectful, use words to ask for things, solve conflicts • Tell them to stay in their "bubble"
confident 	<ul style="list-style-type: none"> • Visit school together ahead of time • Praise your child for doing things on this list • Stay informed of events so child not confused • Consider enrolling your child in a Summer program