

Monthly Provider and Family Resources

Helping Hands Newsletter

Want the latest news and helpful articles and information? Be sure to download our monthly Helping Hands Newsletter and share it with your teachers.

Click [Here](#) for this Month's newsletter.



Book of the Month Resources

Check out the Book of the Month Lesson Plans for this month and next month! Click each link to open the document. We encourage you to check out the featured books from your local library or substitute with a similarly themed book from your own collection, as needed.

[August Infant BOM Lesson Plan](#)
[August Toddler BOM Lesson Plan](#)
[August PreK BOM Lesson Plan](#)

[September Infant BOM Lesson Plan](#)
[September Toddler BOM Lesson Plan](#)
[September PreK BOM Lesson Plan](#)



Transition to Kindergarten

Each month, we will share resources you can save for parents when it's time to help their child make the transition from PreK to Kindergarten.



On the First Day of School and After

by April Bradford
Program Assessment Specialist

Resource link: [Getting a Kick Start for Kindergarten: Tips for a Successful Transition](#)

You've read the books, practiced the routines, packed the backpack, and spent the summer preparing. The time is finally here: The first day of kindergarten!

It can be a nerve-wracking day for children, parents, and educators alike. For children, it is the beginning of building a lifelong love of learning. For parents, it's an important milestone filled with pride. For educators, the first day of school is the first chance to build trust, spark curiosity, and set the tone for children's educational journeys.

Here are a few simple strategies that can help turn all of that preparation into a confident, successful start for children and the adults cheering them on: Keep a positive attitude and make sure drop-off is an encouraging experience for children.

Be specific about when children will be picked up to ease the drop-off process. Ask children about how their day went and what they are looking forward to for the school year.

Expect that there will be big emotions! Be sure to acknowledge children's feelings, allow space for adjustments, and offer ways to release energy and feelings.

Remind children of their strengths and what is going well.

Whether you're a parent, caregiver, or educator, your support helps children feel safe, confident, and ready to learn. Wishing everyone a joyful and successful start to the school year!



Family Engagement

Resources and tips to share with parents and families.



National Exercise with Your Child Week

by April Bradford
Program Assessment Specialist

Resource link: [Celebrate National Exercise with Your Child Week: August 4th - 10th!](#) | [Gateway Pediatric Therapy Physical Activity Facts](#) | [Healthy Schools](#) | [CDC](#)

Shiela Madison created Exercise with Your Child Week in 2010 to promote family physical fitness and encourage healthy, active lifestyles for all ages. This effort gained national recognition and the first National Exercise with Your Child Week was celebrated in 2013.

According to the CDC, children aged three to five should be physically active throughout the day, children 6-17 should be active for 60 minutes each day, and adults need at least 150 minutes of physical activity each week. Children and adults who meet these recommendations show improved cognition, academic performance, and memory, as well as reduced symptoms of depression and cardiovascular disease.

To celebrate National Exercise with Your Child Week, observed during the first full week of August, here are some fun activities:

- *Have a dance party 🕺👯
- *Explore nature at one of Florida's many state and local parks 🌸
- *Go for a family walk or bike ride after dinner 🚲
- *Start a new hobby or sport together as a family 🏃
- *Jump rope, hula hoop, and hopscotch 🏃



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