



KICK-OFF TO KINDERGARTEN



The Leaguers Inc.

Summer Transition Packet

Kindergarten! ... here I come!



Dear Parents,

Summer is a wonderful time to nurture the curiosity and natural investigators in young children but more importantly to prepare our children for the reopening of school during these unprecedented times caused by the pandemic (COVID-19) that continues to alter the course of our lives. With that in mind, this Transition Packet is designed to be an invaluable resource for you as a parent and your child as it addresses the academic and health and safety of children to ensure school readiness and overall well-being.

In this packet you will find activities to complete with your child during the summer and resources for health and safety including COVID- 19. The purpose of sending home these activities is to prevent learning loss during summer months. These activities will review and reinforce skills your child has learned in their classroom this year that will prepare them for kindergarten.

Transition is an important component of school readiness. When all programs work together to facilitate children's transitions and include families as partners in the process, children experience less stress and are more likely to show progress more quickly in the new setting.

We at the Leaguers understand that the move from preschool to kindergarten is one of the most important transitions your child will make, so we have created this packet to help ease this transition process.

As always, we thank you for your continued patience and support during these unprecedented. Your partnership is so vital to your child's success.

Have a Great Summer!



Queridos padres,

El verano es un momento maravilloso para alimentar la curiosidad y los investigadores naturales en los niños pequeños, pero lo más importante para preparar a nuestros hijos para la reapertura de la escuela durante estos tiempos sin precedentes causados por la pandemia (COVID-19) que sigue alterando el curso de nuestras vidas. Con esto en mente, este paquete de transición está diseñado para ser un recurso invaluable para usted y su hijo, ya que aborda la educación, salud y seguridad de los niños para garantizar la preparación escolar y el bienestar general.

En este paquete encontrará actividades para completar con su hijo durante el verano y recursos para la salud y seguridad incluyendo COVID- 19. El propósito de enviar a casa estas actividades es prevenir la pérdida de aprendizaje durante los meses de verano. Estas actividades revisarán y reforzarán las habilidades que su hijo ha aprendido en su salón de clases este año que los prepararán para el Kindergarden.

La transición es un componente importante de la preparación escolar. Cuando todos los programas trabajan juntos para facilitar las transiciones de los niños e incluyen a las familias como parejas en el proceso, los niños experimentan menos estrés y son más propensos a mostrar progresos más rápidamente en el nuevo entorno.

Nosotros en The Leaguers entendemos que el cambio de preescolar a Kindergarden es una de las transiciones más importantes que su hijo hará, por lo que hemos creado este paquete para ayudar a facilitar este proceso de transición.

Como siempre, le agradecemos su paciencia y apoyo continuos durante estos tiempos sin precedentes. Su asociación es tan vital para el éxito de su hijo.

¡Que tenga un gran verano!



Chè paran,

Ete se yon bèl moman pou nourri kiryozi a ak envestigatè natirèl nan jèn timoun yo, men pi enpòtan pou prepare timoun nou yo pou reouvèti lekòl la pandan moman san parèy sa yo ki te koze pa pandemi (COVID-19) nan ki kontinye ap chanje kous lavi nou. Avèk sa nan tèt ou, Nou vle fe'w konnen Pake Tranzisyon ki fèt yo ta dwe yon resous ki gen anpil valè pou ou kòm yon paran ak preskolè ou paske li adrese akademik la ak sante ak sekirite nan timoun yo, e li asire siksè nan lekòl la ak byennèt an jeneral.

Nan pake sa a ou pral jwenn aktivite pou konplete ak pitit ou pandan ete a ak resous pou sante ak sekirite ki gen nan COVID-19. Objektif ki fe nou voye aktivite sa lakay ou, se paske nou pa vle timoun yo pedi sa yo te aprann pandan ane skole a. Aktivite sa yo pral revize ak ranfòse sa timoun ou yo te aprann nan klas yo pou prepare yo pou jadendanfan.

Tranzisyon se yon eleman enpòtan nan preparasyon pou lekòl la. Lè tout pwogram yo travay ansanm pou fasilite tranzisyon timoun yo epi yo enkli fanmi yo kòm patnè nan pwosesis la, timoun yo fè eksperyans mwens stres epi yo gen plis chans pou yo montre pwogrè pi vit nan nouvo anviwònman an.

Nou menm nan Leaguers, nou konprann ke deplase soti nan lekòl matènèl nan jadendanfan se youn nan tranzisyon ki pi enpòtan pitit ou a pral fè, se konsa nou te kreye pake sa pou ede fasilite pwosesis tranzisyon sa a.

Kòm toujou, nou di ou mèsi pou pasyans ou, kontinye ak sipò pandan sa yo san parèy. Patenarya ou enpòtan anpil pou siksè pitit ou a

Pase yon bon ete!



COVID-19 Parental Resources Kit – Early Childhood

Social, Emotional, and Mental Well-being of Young Children during COVID-19

Coronavirus disease (COVID-19) can affect young children, birth to 5 years, directly and indirectly. Beyond getting sick, many young children's social, emotional, or mental well-being has been impacted by the pandemic. Trauma faced at this developmental stage may have long-term consequences across their lifespan. CDC's [COVID-19 Parental Resource Kit: Ensuring Children and Young People's Social, Emotional, and Mental Well-being](#) can help support parents, caregivers, and other adults serving children and young people in recognizing children and young people's social, emotional, and mental challenges and helping to ensure their well-being.

Challenges - Change in routines

In addition to everyday steps to prevent COVID-19, [physical or social distance](#) is one of the best tools we have to avoid being exposed to the virus and to slow its spread. When children are very young, their parents and caregivers—including extended family members, a [worship community](#), and childcare workers—provide them with daily caretaking routines that support their development and well-being (i.e., diaper changes, feeding, hair combing). Disruptions in these routines and the sudden loss of usual caregivers due to the need to physically distance can be traumatic for young children. It is important for parents to support young children by ensuring their own social, emotional, and mental health. Establishing [routines and structure](#) for young children with other trusted caregiver(s) (e.g., babysitters) who also practice social distancing and hygiene measures can provide support to parents with caretaking responsibilities, giving parents time to take healthy steps to [cope with their own stress](#).

Break in continuity of care or learning

Intermittent daycare and school closures may mean that young children have to stay at home while parents and caregiver juggle caretaking, supervision of [play and learning](#), and potential telework responsibilities. Keeping young children at home is



one way to help stop the spread of COVID-19. Depending on your child's age and ability, supervision of play may require more hands-on engagement. Unfortunately, some parents do not have jobs that offer telework. It is important for parents to determine how their family's composition and access to social supports (i.e., individual and work policies) could make caretaking of young children less challenging. For families with children who have special needs, extra social support may be required.

Break in continuity of health care

Parents may have felt pressured to avoid seeking health care due to earlier stay-at-home orders and may continue to do so because they are afraid of getting sick with COVID-19. However, [well-child visits and immunizations](#) are important to maintain the health of your child. Similarly, social services closures may have impacted many young children's ability to receive other therapeutic services, like speech and occupational health. It is important to ensure children receive continuity of health care, including checking on their development at well-child visits, continuing speech, mental health, and occupational health therapies (e.g. via telehealth), and receiving vaccines for illnesses such as measles, influenza, whooping cough, and others. [Developmental milestones](#) matter.

Missed significant life events

Physical distancing can make you feel as if your family's life is on hold. The truth is that the clock keeps ticking. Birthdays, vacation plans, births, and funerals are just a few of the many significant life events that families may miss experiencing during the COVID-19 pandemic. Social distancing, stay-at-home orders, and limited gatherings have affected the ability of friends and family to come together in-person to celebrate and/or grieve in typical ways. When parents or caregivers experience [grief](#), young children may also experience emotional challenges. It is important to have honest conversations with young children about grief as a normal response to losing someone or something important to you. For preverbal children, reading books about emotions can help them begin to understand expression of emotions.



Also, be creative in ways to celebrate life events differently—birthday parades and virtual celebrations with family and friends can help.

Loss of security and safety

Being safe and feeling safe is essential for young children. The household income of many families with young children has been affected during the COVID-19 pandemic due to job loss and lost wages. Economic insecurity is linked to [adverse childhood experiences](#) that can negatively impact their social-emotional development, learning, and health. Young children living in families that are experiencing economic difficulties may feel unsafe. They may have inconsistent access to healthy foods, safe transportation, and housing. Parents' mounting economic stress can increase children's risk for exposure to violence. With increased time spent at home during COVID-19, some children may have been increasingly exposed to child abuse and neglect, intimate partner violence at home, and sexual violence. It is important for parents to access social supports and services—including mental health services. [Telemental health](#) and national helplines may provide emergency options for emotional and mental health support during a crisis. Moreover, being attentive and responsive to a young child's behaviors or questions can help support feelings of safety.

What can you do?

Steps to Help Provide Stability and Support to Young Children

- Maintain a normal routine
- Talk, listen, and encourage expression
- Under supervision, allow them to crawl and explore, returning to a trusted caregiver
- Give honest and [accurate information](#)
- Teach simple steps to stay healthy
- Be alert for any change in



Recognize and address fear and stress

When adults in the household are worried or stressed, even very young children (birth-2 years) may experience emotional distress. Children ages 3-5 years might worry about getting sick with COVID-19 or about their loved ones getting sick. Excessive worry or sadness, unhealthy eating or sleeping habits, and difficulty with attention and concentration are some signs of stress in young children. These are also signs of stress in adults, as well as worsening of chronic health problems or mental health conditions, and increased use of [tobacco](#) or [alcohol and other substances](#). Adults should seek mental health services or spiritual guidance if they are experiencing worry and [stress](#) that interferes with caretaking, household duties, or their ability to work. Adults can also take steps to provide stability and support to [help children cope](#). Parents can support positive coping through play and talk about emotions. For instance, choosing a comfortable space on the floor, at the child's level, to talk about things that they are seeing adults do differently can provide the opportunity for children to express their fears in a safe place. To help young children have some sense of control and safety in these circumstances, parents can encourage conversations about being part of a community, such as protecting their family and their neighbors by standing 6 feet apart and wearing a mask. Have these changes become part of a fun and new family routine.

Teach and reinforce everyday preventive actions

There are actions we can take to limit the spread of COVID-19. Be a good role model—if adults wash their hands often, stay at least 6 feet apart from others, and wear their mask in public spaces to help protect themselves and others, then

children are more likely to do the same. CDC recommends that children age 2 years and older wear a mask.

Help keep children healthy

Schedule well, child and immunizations visits for children. Seek continuity in mental health and occupational health care. Help children [eat healthy](#) and [drink water](#) -



instead of sugar sweetened beverages – for [strong teeth](#). Encourage children to play outdoors—it’s great for physical and mental health, and can [help children stay healthy](#) and focused.

Help children stay socially connected

Reach out to friends and family via phone or video chats. Write cards or letters to family members they may not be able to visit. Schools may have tips and guidelines to help [support social and emotional needs](#) of children.



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National Center on

Health, Behavioral Health, and Safety

How to Wear and Store Your Face Masks



- 1.** Wash your hands for 20 seconds with soap and water before and after touching your mask.



- 2.** Hold your mask by the ear loops or ties and wear it snugly over your nose, mouth, and chin.



- 3.** Store face masks in a labeled paper bag or breathable container

- 4.** Clean your cloth face masks daily with soap or detergent and water and dry them completely. If they have a filter, change it every day. Do not wash and reuse disposable surgical or KN95 masks—wear a new one each day.



- 5.** Replace dirty or wet masks with clean masks



Who should wear masks? Children over 2 years of age and anyone able to put a mask on and off themselves.

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Simple Steps to Stay Healthy

Use these seven strategies to reduce the spread of COVID-19



National Center on

Health, Behavioral Health, and Safety

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Kindergarten! ... here I come!



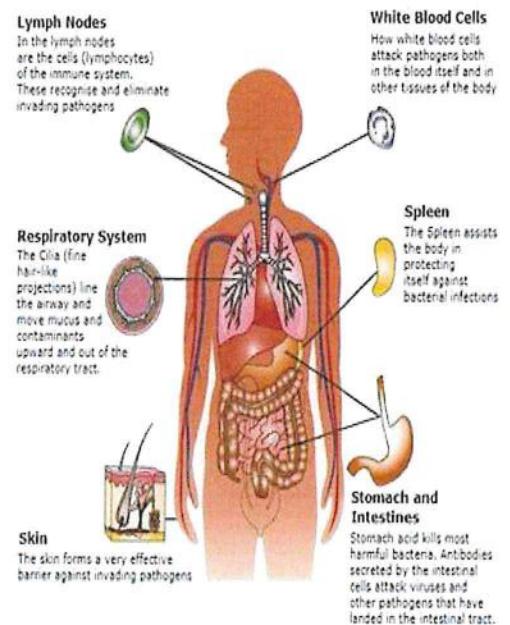
Strengthening Your Immune System

A. Importance of the Immune System

1. The overall function of the immune system is to prevent or limit infection.
2. The immune system can distinguish between normal, healthy cells and unhealthy cells by recognizing a variety of "danger" cues
3. When the immune system first recognizes these signals, it responds to address the problem. If an immune response cannot be activated when there is sufficient need, problems arise, like *infection*.
4. When an immune response is activated without a real threat or is not turned off once the danger passes, different problems arise, such as *allergic reactions* and *autoimmune disease*.

B. How to boost your immune system...

1. Don't smoke
2. Exercise regularly
3. Maintain a healthy weight
4. Try to minimize stress
5. Eat a diet high in fruits and vegetables
6. If you drink alcohol, drink only in moderation
7. Get adequate sleep
8. Take steps to avoid infection
9. Wash Hands
10. Cooks Meat Thoroughly



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C. Immune System Boosting Foods

1. *Beta-Carotene* is a powerful antioxidant that can reduce inflammation and boost immune function by increasing disease-fighting cells in the body.
 - i. Excellent sources include sweet potatoes, carrots, and green leafy vegetables.
2. *Vitamins C and E* are antioxidants that help to destroy free radicals and support the body's natural immune response
 - i. Sources of vitamin C include red peppers, oranges, strawberries, broccoli, mangoes, lemons, and other fruits and vegetables
 - ii. Vitamin E sources include nuts, seeds, spinach, and broccoli.
3. Research shows *Vitamin D* supplementation may reduce the risk for viral infections, including respiratory tract infections, by reducing production of proinflammatory compounds in the body. Increased vitamin D in the blood has been linked to prevention of other chronic diseases including tuberculosis, hepatitis, and cardiovascular disease.
 - i. Food sources of vitamin D include fortified cereals and plant-based milks and supplements.
4. *Zinc* is a mineral that can help boost white blood cells, which defend against invaders.
 - i. Sources include nuts, pumpkin seeds, sesame seeds, beans, and lentils.



Recipes to Boost the Immune System


RECIPES




Immune Boosting Orange Smoothie



Serving Size for: 1 2 3 4 5 6 7 8 9 10 11 12


Ingredients:

- 1 cup orange juice
- 1 banana
- 1 ½ teaspoon ginger minced
- ½ teaspoon turmeric powder
- ½ cup of carrots shredded
- ½ cup ice

Directions:

1. Add ALL ingredients to a blender and blend until smooth.
2. Pour into glass and enjoy immediately!


RECIPES




Immune Booster Sweet Green Smoothie

Serving Size for: 1 2 3 4 5 6 7 8 9 10 11 12

Ingredients:

- 1 cup roughly chopped spinach and kale packed tightly
- 1 ½ cups Almond milk
- 1 ½ cups frozen mix of mango, pineapple, and kiwi chunks
- ½ tsp freshly grated ginger
- ½ lemon, juiced

Directions:

1. Add ALL ingredients to a blender and blend until smooth.
2. If the smoothie is too thick, add more almond milk 1 tablespoon at a time.
3. Enjoy and serve immediately!

****For Additional Recipes visit:**

<https://www.lifehack.org/articles/lifestyle/25-super-easy-recipes-boost-your-immune-system.html>

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Kindergarten Readiness Checklist

Self Help Skills

- Can use the bathroom independently and complete accompanying hygiene tasks.
- Able to dress self (puts on coat, fastens snaps, buttons and zippers^[SEP])
- States full name and age^[SEP]

Social/Emotional Skills

- Separates from caregivers without excessive upset.
- Plays/shares with other children^[SEP]
- Waits his turn^[SEP] Attends to an adult-directed task for at least 5 minutes
- Recognizes and responds to other people's feelings Uses "please" and "thank you"

Language Skills (Expressive and Receptive)

- Expresses needs and wants verbally^[SEP] Speaks in complete sentences (5 to 6 words)
- Is generally understood by adults. Uses words, not physical action, to express emotions such as anger or disappointment
- Understands and follows two-step directions
- Understands positional vocabulary (i.e. on top of, below, next to)^[SEP]

Fine Motor Skills^[SEP]

- Holds pencil/crayon in a non-fisted grip^[SEP]
- Able to control scissors to complete an intentional task^[SEP]
- Traces lines and basic shapes^[SEP]
- Copies basic figures such as a circle, square and a straight line^[SEP]

Kindergarten! ... here I come!



Gross Motor Skills

- Runs and skips
- Jumps with feet together and hops while balancing on one foot
- Climbs stairs with alternating feet
- Walks backwards
- Bounces a kickball
- Attempts a two-handed catch of a kickball

Math Skills

- Counts from 1 to 10
- Recognizes/points to/identifies basic shapes (square, circle, triangle, rectangle)
- Beginning to count with one-to-one correspondence
- Can sort items by one or more attributes
- Identifies, either verbally or by pointing to, the colors of crayons in the 8-count box (black, blue, brown, green, orange, red, purple, yellow)

Literacy/Phonemic Awareness

- Skills: Enjoys being read to/listening to stories
- Recognizes environmental print (familiar logos, signs and words)
- Knows how to handle a book (i.e. holds book right side up, knows where it starts and ends)
- Recites the alphabet
- Identifies some letters and some of the sounds they make, either by sound to letter or letter to sound
- Recognizes own name in print
- Able to discern whether or not two words rhyme, may be able to provide a third rhyme for the words
- Tries to write own name or other ideas by using symbols or letters
- Can draw a picture to express an idea

Kindergarten! ... here I come!





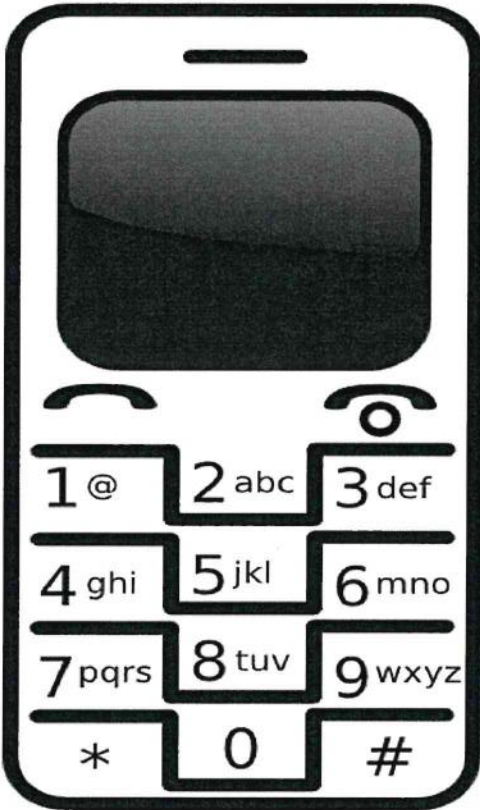
I can write my name:

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are four sets of these lines provided for writing practice.

Kindergarten! ... here I come!



I know my phone number!



Practice dialing your phone number

Practice writing your phone number

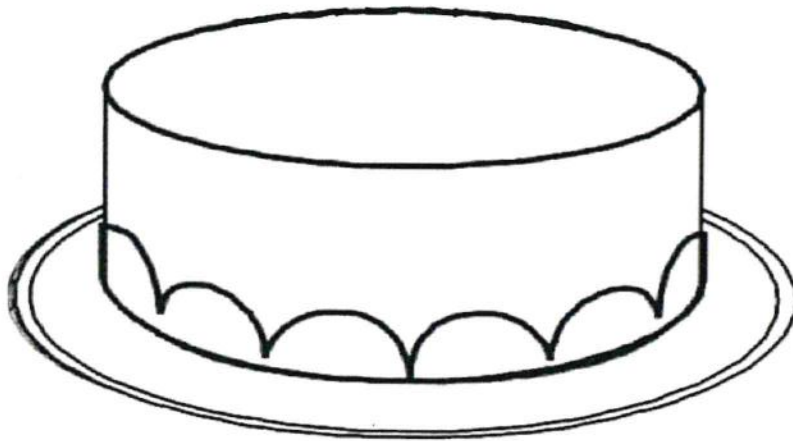
Kindergarten! ... here I come!



My Birthday is on:

I am _____ years old.

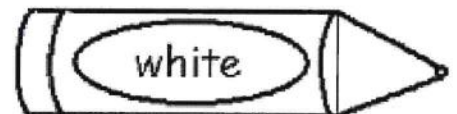
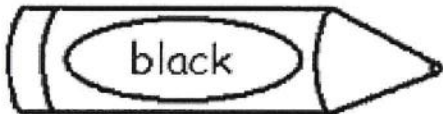
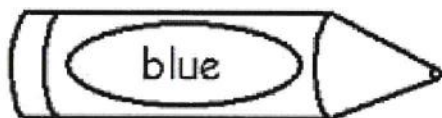
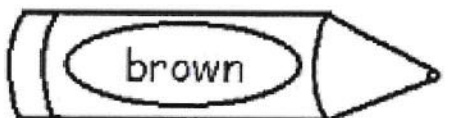
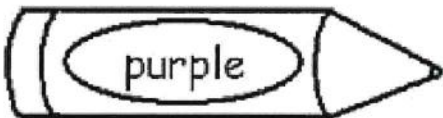
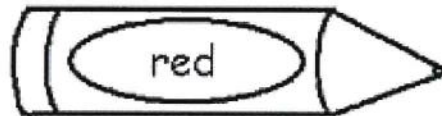
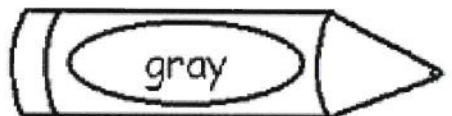
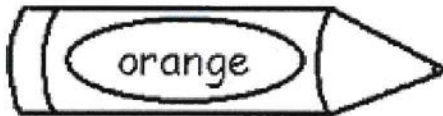
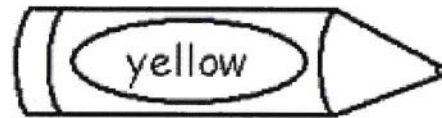
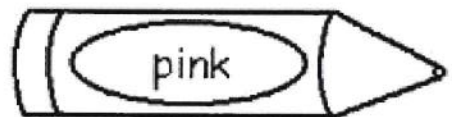
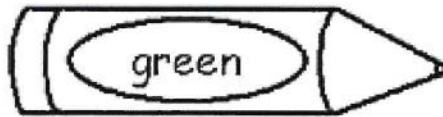
How old will you be on your next birthday? Draw the correct number of candles on the cake.



Kindergarten! ... here I come!



Name: _____



Kindergarten! ... here I come!



Name _____

Practice Sheet

Aa Bb Cc Dd Ee Ff

Gg Hh Ii Jj Kk Ll Mm

Nn Oo Pp Qq Rr Ss Tt

Uu Vv Ww Xx Yy Zz

Aa Bb Cc Dd Ee Ff

Gg Hh Ii Jj Kk Ll Mm

Nn Oo Pp Qq Rr Ss Tt

Uu Vv Ww Xx Yy Zz

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Alphabet Cards

Color the pictures and practice the sound for each letter. Can you put the letters in the correct order?

Aa



Bb



Cc



Dd



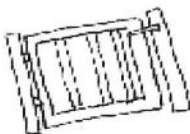
Ee



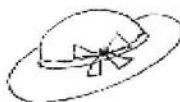
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Gg



Hh

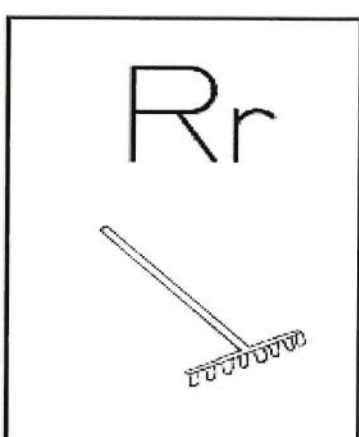
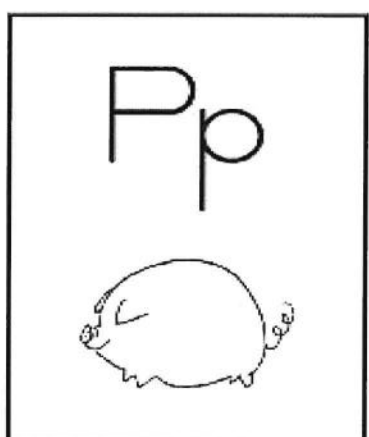
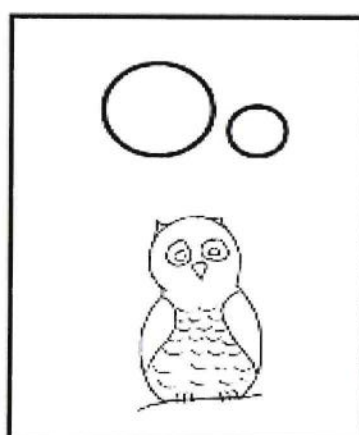
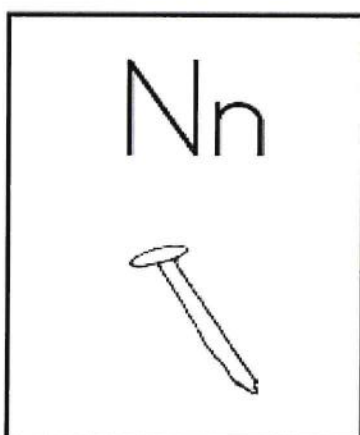
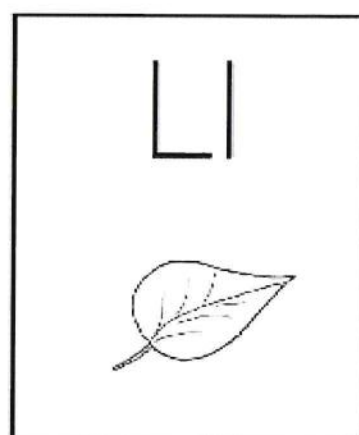
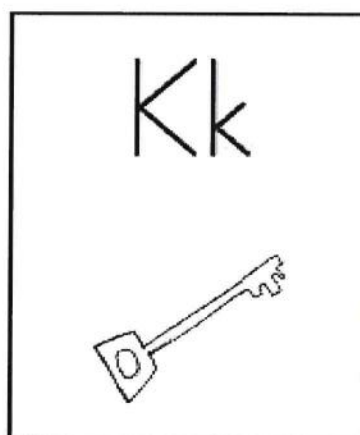


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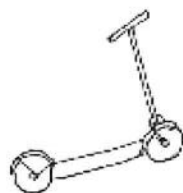




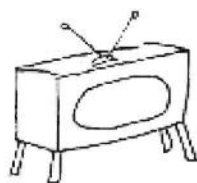
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Ss



Tt



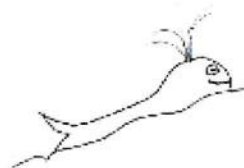
Uu



Vv



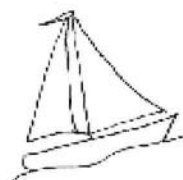
Ww



Xx



Yy



Zz




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1 

2 

3 

4 

5 

6 

7 

8 

9 

10 

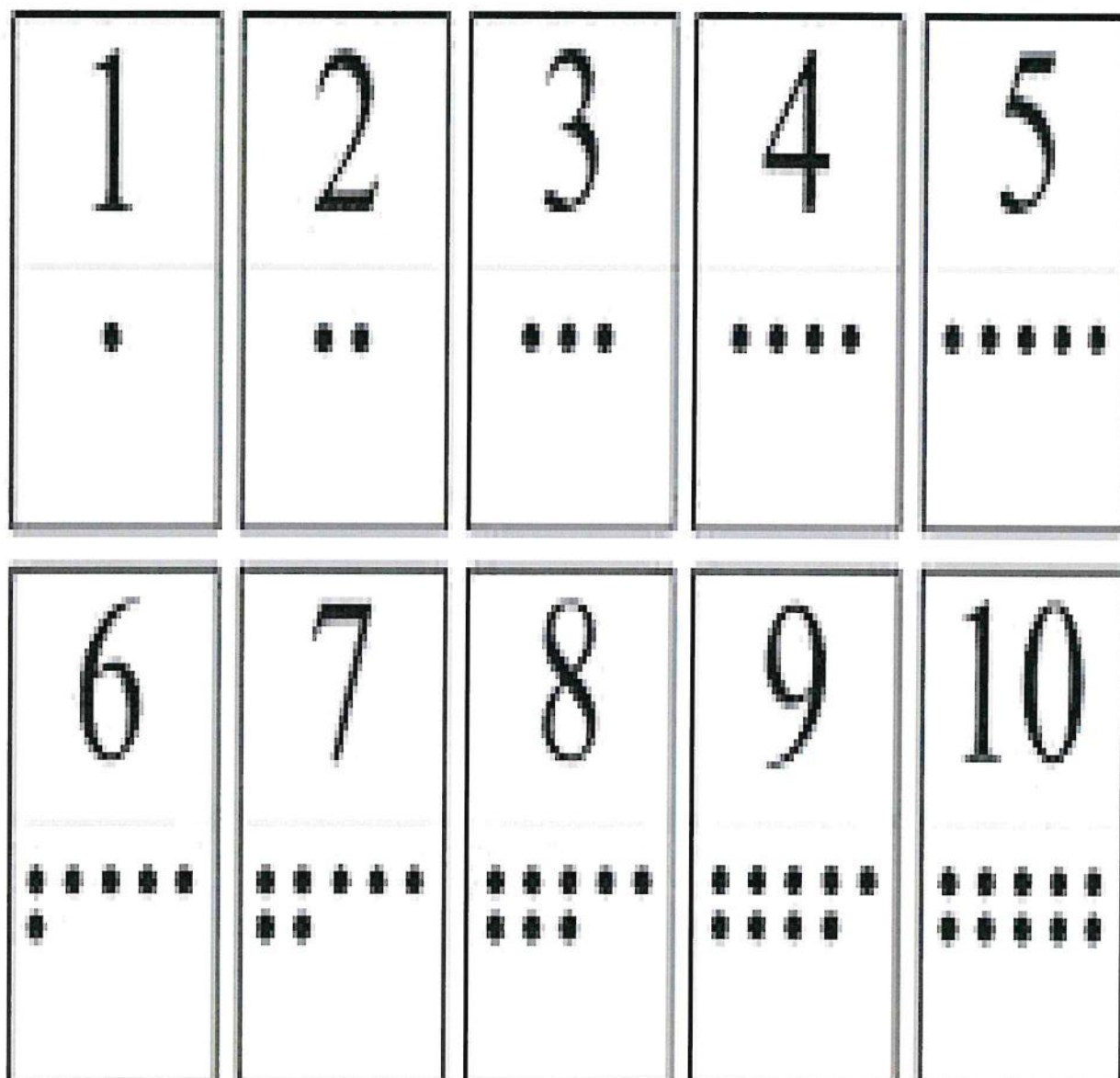


Number Cards

Review each number. Can you match each number with the correct number of dots?

Mini Number Flash Cards

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Kindergarten! ... here I come!



Words I know

a	see	funny
I	for	little
of	was	the
at	help	go
and	my	look
is	we	to
play	here	have
big	no	me
in	yes	jump
run	blue	not
can	yellow	three
it	red	two
said	away	up
come	make	down
like	find	where
what	can	



Kindergarten! ... here I come!



Alphabet Book

Materials

- Small notebook or loose sheets of paper
- Crayons or markers
- Old magazines
- Scissors
- Glue
- Photos of friends and family (optional)

Directions

1. This is a long-term project that is great for rainy afternoons.
2. Help your child print a letter of the alphabet on each page of a small notebook, or use loose sheets of plain or colored paper.
3. Your child can draw a picture of something that begins with that letter, cut pictures from old magazines and glue them onto each page, or use photographs of friends and family members.

Cloud Watching

Directions

- Climate is an important part of a region's geographic character.
- On a warm and lazy afternoon, lay down in the grass with your child and watch the clouds drift across the sky.



- Talk about how clouds are formed (water evaporates from the earth and condenses into small droplets) and what happens when clouds touch the earth (fog).
- Help her pick out shapes in the clouds and, afterward, have her draw what she saw.

Food Count

Materials

- Empty egg carton
- Pen or marker
- Small food items (raisins, cereal, chocolate chips, candies)

Directions

1. Write the numbers 1 to 12 on the individual sections of an egg carton.
2. Have your child count out each number using small food items.
3. Then have her fill the numbered section with the correct number of items.
4. Once the sections are filled, work in reverse, having your child identify each number, count the pieces, then eat them!

My Neighborhood

Directions

- Take a walk around your neighborhood and look at what makes it unique.



- Point out differences from and similarities to other places. Can your child distinguish various types of homes and shops?
- Look at the buildings and talk about their uses. Are there features built to conform with the weather or topography? Do the shapes of some buildings indicate how they were used in the past or how they are used now?
- These observations help children understand the character of a place.

I Get Angry

Time

- 10 to 20 minutes

Directions

Talk about hypothetical situations, determining which of them make each of you angry. Examples could include someone borrowing a favorite toy without asking, going to get ice cream in the refrigerator and finding it is all gone, raising a hand in class and not getting called on.

Extensions

- Talk about the fact that everyone gets angry and share things that make you angry.
- Talk about acceptable and unacceptable reactions you have both seen.
- Challenge the child to come up with exciting, frustrating,

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and scary situations and acceptable responses.

- Find pictures in magazines to illustrate what you are talking about.
- Cut out pictures of an angry face and a happy face and take turns pointing to them in response to the situational questions.



Kindergarten Suggested Summer Reading List

Note: The following books are only suggestions. Please feel free to add any books that are appropriate for your reader. The staff in the children's area of the public library will also have many wonderful suggestions for you.

Research has shown that the single greatest factor in predicting reading success is whether a child is read to when young. Here are some titles to get you started!

Books About Me

- *I Like Me!* by Nancy L. Carlson
- *I Like to Be Little* by Charlotte Zolotow • *The Mixed-Up Chameleon* by Eric



- Carle • *My Five Senses* by Alikei
• *Owen* by Kevin Henkes
• *When I Get Bigger* by Mercer Mayer

Family Stories

- *Just Me Books* by Mercer Mayer
- *Mama Do You Love Me?* by Barbara M. Joosse

Predictable Books

- *Curious George* by H. A. Rey
- *Each Peach Pear Plum* by Janet and Allan Ahlberg • *The Gingerbread Boy* by Paul Galdone
- *Gregory the Terrible Eater* by Mitchell Sharmat
- *Goodnight Moon* by Margaret Wise Brown
- *Millions of Cats* by Wanda Gág
- *What's in Fox's Sack?* by Paul Galdone

Beginning, Middle, and End Concept

- *Bony-Legs* by Joanna Cole
- *A Camping Spree with Mr. Magee* by Chris Van Dusen • *Love You Forever* by Robert Munsch
- *Rosie's Walk* by Pat Hutchins
- *The Runaway Bunny* by Margaret Wise Brown

Color and Counting Books

- *Fish Eyes: A Book You Can Count On* by Lois Ehlert
- *Frog Counts to Ten* by John Liebler
- *Inch by Inch* by Leo Lionni
- *Is it Red? Is it Yellow? Is it Blue?* by Tana Hoban
- *Planting a Rainbow* by Lois Ehlert

Caldecott Winners and Honor Books

- *Color Zoo* by Lois Ehlert
- *Madeline* by Ludwig Bemelmans
- *More, More, More Said the Baby* by Vera B. Williams • *Officer Buckle and Gloria* by Peggy Rathman
- *Swimmy* by Leo Lionni
- *Tops and Bottoms* by Janet Stevens

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Mother Goose and Nursery Rhymes

- *James Marshall's Mother Goose* by James Marshall
- *My Very First Mother Goose* by Iona Opie and Rosemary Wells
- *Tomie dePaola's Mother Goose* by Tomie dePaola

Folktales and Fairy Tales

- *Chicken Little* by Steven Kellogg
- *The Hare and the Tortoise* by Brian Wildsmith
- *Henny Penny* by H. Werner Zimmermann
- *The Little Red Hen* by Margot Zemach
- *The Three Bears* by Paul Galdone
- *The Three Billy Goats Gruff* by Peter Christen Asbjornsen
- *The Three Little Pigs* by Rodney Peppé
- *The Ugly Duckling* by Hans Christian Andersen

Stories in Rhyme

- *All the Colors of the Earth* by Sheila Hamanaka
- *Bringing the Rain to Kapiti Plain* by Verna Aardema • *Miss Spider's Tea Party* by David Kirk

Friends

- *Benjamin and Tulip* by Rosemary Wells • *We Are Best Friends* by Alike
- *Who Will Be My Friends?* by Syd Hoff

Fabulous Science Books

- *Cars and How they Go* by Joanna Cole
- *Eyewitness Juniors Amazing Frogs and Toads* by Barry Clarke
- *Magic School Bus On the Ocean Floor* by Joanna Cole

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Lesson Time

Your child is reviewing the skills that will help him or her learn in kindergarten:

- Listening (Follow the Listening Rules: Eyes watching, Ears listening, Voice quiet, Body calm.)
- Focusing attention (Use an attent-o-scope.)
- Using self-talk (Self-talk helps you remember what you need to do.)
- Asking assertively for what you need or want (Face the person and use a strong, respectful voice.)

Practicing these skills will help your child be a better learner and get along with others in kindergarten.

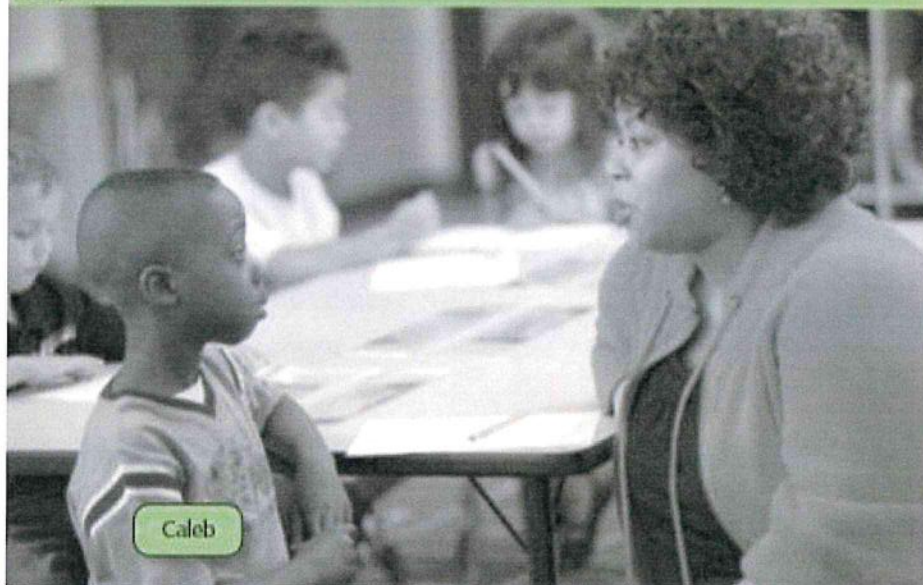
Play Time

Play a game with your child to practice remembering and following directions.

Say: **We're going to play Listen, Repeat, Do. You are going to listen to me while I say three directions. You repeat the directions. Then you do them!** Before you give the directions, remind your child to listen and focus attention on you. **1) Touch your nose. 2) Hold up one hand. 3) Turn around.** Wait for your child to repeat and then follow the directions.

Continue playing, using any three directions you can think of.

Story Time



Caleb

This week's story is about Caleb. He just started kindergarten. Ask your child about this story.

- **What do you see in this photo?**
- **What can Caleb do to help himself understand and then do what his teacher says?** (Listen. Focus attention. Use self-talk. Ask for help.)

Let's practice _____ (name of skill from Lesson Time section). Have your child practice one (or more) of the skills in the Lesson Time section as you explain how to do something, such as make a simple sandwich.

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Early Learning Unit 5

Week 28: Making New Friends in Kindergarten

Home Link 28



Lesson Time

Your child is reviewing how to make new friends by:

- Inviting others to play
- Asking to join others in play

Your child is also reviewing the Fair Ways to Play with friends:

- Play together
- Trade
- Take turns

Practicing these friendship skills will help your child make new friends and get along with others in kindergarten.

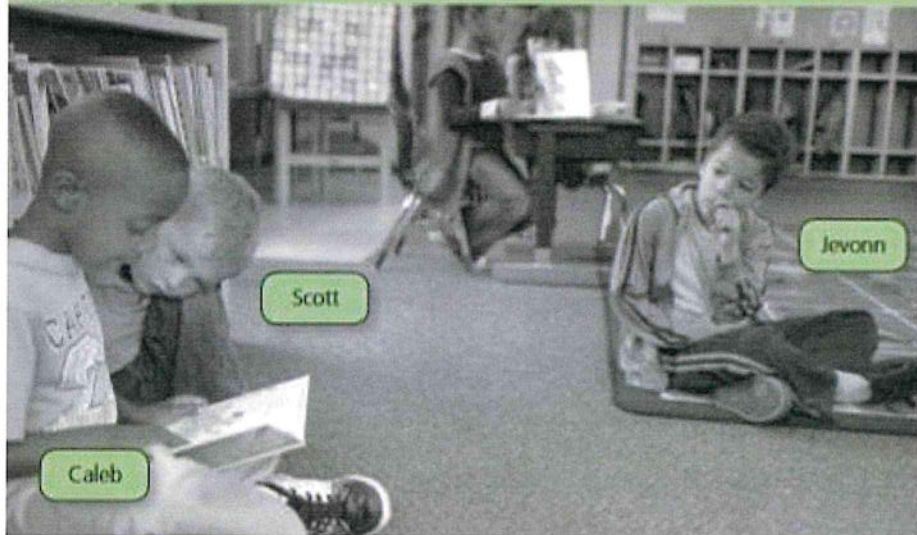
Play Time

Play a game with your child. Practice making new friends by asking to join in and inviting others to play.

Say: **We are going to play New Friends.** Select a toy or small household item to play with. **I'm going to play with this toy. You're going to watch and then ask in a friendly voice to join in.** Have your child say, "Can I play with you?" Choose one of the Fair Ways to Play, and play with the toy.

Switch and have your child play with the toy while you watch. **Now you're going to invite me to play.** Have your child say, "Would you like to play with me?" Then have your child choose one of the Fair Ways to Play, and play with the toy.

Story Time



In this week's story, Caleb and Scott are reading together. Jevonn wants to join the boys. Ask your child about this story.

- **What do you see in this photo?**
- **What can Jevonn do to join in?** (Say hello. Say it looks like fun. Ask to read with them.)
- **What can Caleb and Scott say to invite Jevonn to join them?** (Do you want to read with us? Come read with us!)

Let's practice what Jevonn can say to join in. Pretend you are Caleb or Scott and your child is Jevonn. Have your child ask, "May I read with you?"

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Teaching and Reinforcing Health and Safety Practices

Summer Safety Tips

Summertime is usually all about fun and enjoying the outdoors, but with this comes a lot of opportunities for accidents to happen. As always, it's important to keep kids safe while they're having fun. Here are some great tips to keep in mind for kids' safety. Be sure to go over these Summer Safety Tips with your child.

Tip 1- Stay Alert Around Water -Guard Against Drowning

Supervision at pools, beaches and water parks, etc. is essential for keeping young children safe. Each year, more than 830 children ages 14 and under die as a result of accidental drowning and an average of 3,600 children are injured in near-drowning incidents. Between May and August, drowning deaths among kids increase by a whopping 89 percent. If you have a swimming pool or if your child will be near one, it is crucial to put multiple safety measures in place to keep kids safe.

Learn to Prevent Drowning Tragedies



- **Put barriers around the pool to restrict access.** Use doors with locks and alarms to keep kids out when adults are not present.
- **Never leave kids unsupervised.** Do not leave the pool area without adult supervision if children are in or near the water.
- **Remember that drownings can happen silently.** You may not hear splashing or a call for help—a drowning can happen in minutes and may be silent.
- **Do not use flotation devices.** Inflatable “floaties” and other flotation devices and toys can give kids who cannot swim a false sense of security.
- **Learn CPR.** You may never need to use it, but knowing CPR for adults and for kids is something that can mean the difference between life and death in an emergency.
- **Learn about the dangers of secondary drowning,** which can happen on dry land, hours after a child inhales water into the lungs.
- **Do not assume that a teen or relative will be watching.** Talk to them about not using cell phones, texting, or allowing other distractions while supervising kids in the water.

Tip 2- Inspect Playground Equipment

If you have a backyard playground or play equipment, make sure the ground beneath the equipment is soft enough. Surfaces made



of concrete, asphalt or dirt are too hard and do not absorb enough impact in the event of a fall. Make it your duty to inspect the playground equipment at parks and other public facilities for wear and tear and potentially harmful objects and other substances.

Avoid Trampoline Danger

- Never let more than one child use the trampoline at a time.
- Do not let kids do somersaults.
- Do not allow kids younger than 6 play on a full-sized trampoline.
- Move the trampoline away from other structures or play areas.

Tip 3- Be a Safe Passenger

Reinforce the importance of wearing seatbelts and staying seated while travelling. Be also reminded that the temperature inside a locked vehicle is significantly higher than the outside temperature. NEVER leave children in a locked vehicle, even for just a minute.

Tip 4- Prevent SunBurn

When it comes to protecting your kids from the sun, sunscreen plays an important role. But sunscreen is just one of the ways to guard against the sun's damaging rays. Because the sun's rays can



reflect off of the sand and water or other reflective surfaces, hats, and sunglasses can also play an important role in preventing UV damage. Apply sunscreen when going outdoors to protect and prevent the skin from sun damage. Light color clothing and accessories such as hats and sunglasses are also great to use.

Choosing the Best Sunscreen for Kids and Infants

Use Sun-Protective Clothing

Dress your kids in hats in wide brims and tightly-woven cotton clothing or clothes that have SPF built-in (many kids' clothes, especially swimsuits, have sun protection in them nowadays). Try to stay out of the sun between 10 a.m. and 4 p.m., when the sun is at its most intense peak, and try to stay in the shade as much as possible.

Wear Some Cool Shades

Don't forget your child's eyes when you are out and about. Look for kids' sunglasses that block 99 to 100 percent of UVA and UVB rays.

Tip 5. Protect Against Bugs



Bugs are one of those annoyances of summer. But insects, such as potentially disease-carrying mosquitoes and bees, can also be harmful to kids. Use insect repellents to guard against ticks, which can carry Lyme Disease, and mosquitoes, which can carry the West Nile Virus and other viruses. Many repellents are made with DEET, an effective insecticide that is toxic or even potentially deadly if swallowed. Always follow directions for use before applying sunscreen on your child's face and body. Talk to your pediatrician about which insect repellent is right for your family.

Wear long-sleeve shirts and long pants when going outside, particularly at dusk when mosquitoes are more likely to be present.

Never leave stagnant pools of water around the house. Pools of water can serve as breeding grounds for mosquitoes.

Avoid using scented soaps or perfumes on your child. And do not allow your child to walk around carrying sweetened beverages, such as fruit juices. These sweet, strong scents can attract bees and wasps and increase your child's risk of being stung.

Tip 6. Don't Forget Helmets

Your child should wear a helmet whenever she is on anything with wheels, such as a scooter, bicycle, or roller skates. A helmet is



the most important device available that can reduce head injury and death from a bicycle crash, according to Safe Kids USA. Be sure to set a good example by always wearing your helmet when riding your bike.

Tip 7. Warn Kids About Hiding in Enclosed Spaces

Teach children to never play hide and seek by crawling inside an enclosed space such as a car trunk, chest, or old cooler or appliance.

Tip 8 - Always be Alert

Teach your child to NEVER go with a stranger. Identify safe adults that they can trust and teach your child to always remain in the area you identify for them to play.

Tip 9 . Prevent Dehydration

Whether your child is playing sports or running around in the park , it's important to keep in mind that frequent water breaks are very important to prevent dehydration. Your child should drink water before exercise and during breaks, which should be about every 15 to 20 minutes. On particularly hot and humid days, it's

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also a good idea for parents to spray down kids with some water from a spray bottle; however, the best prevention would be to remain indoors if conditions are extreme.

Tip 10. Practice Food Safety

Foodborne illnesses increase in the summer because bacteria grow faster in warmer temperatures and humidity. On top of that, more people are eating and preparing food outdoors, at picnics and barbecues, where refrigeration and places to wash hands are not readily available.

To prevent foodborne illnesses:

- **Be sure to wash your hands before preparing or serving any food.** Make sure your children wash their hands, or at least use an alcohol-based hand sanitizer, before eating.
- **Never cross-contaminate.** Do not allow any raw meat or poultry to come into contact with any other food or plates or utensils.
- **Consider the temperature.** Use a thermometer and be sure to cook all meat and poultry to the correct temperatures to kill any harmful bacteria. Keep all perishable foods in the refrigerator and do not keep leftovers unrefrigerated for more than one or two hours.



Safe Summer Activities for Kids During the Pandemic

How to make plans for get-togethers, camp, vacations, and more, despite the uncertainties around COVID-19

By Sally Wadyka

April 20, 2021



Last summer, the pandemic saw many families hunkered down at home and avoiding gathering with anyone outside their household. This summer, COVID-19 vaccines will allow more freedom, but with that comes some confusion about how to navigate plans when some family members are fully vaccinated and others are not.

The Key Takeaways

- Fully vaccinated teens can safely hang out together without a mask. For kids under age 16, who aren't yet eligible for vaccination, social distancing and mask wearing guidelines still apply.
- Unvaccinated kids can visit and stay with fully vaccinated friends or relatives from one other household as long as none of the unvaccinated kids are at increased risk for severe illness from COVID-19.

- If two families with fully vaccinated adults and unvaccinated kids want to vacation together, they should stay in separate accommodations.
 - Booking a camp for your child? Pick one where kids spend the day in small groups, mostly outdoors and physically distanced, and wear masks when they're indoors.
 - Experts say that road trips are safer than air travel for families.
-

By early summer, it's possible that the majority of adults in the U.S. who want to be vaccinated against COVID-19 will have gotten their shots. But since none of the vaccines currently being used in the U.S. are approved for children under age 16, that leaves millions of kids unprotected for now. It also leaves parents grappling with dozens of questions as they try to make summer plans for their families.

"I have missed being around my friends and look forward to getting together when all of us are vaccinated," says Michelle Galvanek, who lives in Annapolis, Md. "But since my nine-year-old daughter won't be vaccinated and she's almost always with me—I'm a single mom—I don't know if that means we'll still have to wear masks and social distance."

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We've learned a lot about how to stay safe since last summer, so things are going to feel easier this year, experts say, but they still won't be what most people would consider normal. "My best guess is that it'll be better than last summer in terms of what we're doing, but it won't be back to what it was like in summer 2019," says Sean O'Leary, MD, MPH, professor of pediatrics and a pediatric infectious diseases specialist at the University of Colorado Anschutz Medical Campus and Children's Hospital Colorado.

MORE ON COVID-19

[What You Can Do Now That You're Vaccinated](#)
[A Guide to Coronavirus Vaccines](#)
[CR's Guide to the Coronavirus](#)
[What to Expect When You Get Vaccinated](#)

That's partly due to the fact that for kids, the rules about social distancing haven't changed much. Granted, many children who get COVID-19 will experience only mild symptoms—or none at all. "But children who have conditions that put them at high risk [such as Down Syndrome, compromised

immune systems, diabetes, or obesity] still have a higher risk of hospitalization or even death from COVID-19," O'Leary says.

Nonetheless, "the effectiveness of the vaccines is holding, and it should lead to drops in community spread, driving down the risk for kids even further," says Buddy Creech, MD, MPH, director of the Vanderbilt Vaccine Research Program. "I believe there is reason for optimism." Despite the ongoing pandemic, you can still enjoy the season and have fun as a family, whether you're staying near home, visiting relatives and/or friends, considering summer camp, or taking a trip.

Kids Gathering With Kids

The idea of large groups of kids—especially unsupervised teenagers—hanging out together has been cause for parental alarm for the past year. And with good reason: "Teens look a little more like adults in terms of their ability to get and transmit COVID, compared to younger children," O'Leary says.

The good news is that everyone 16 and older is eligible for the COVID-19 vaccine. And older teens who are fully vaccinated can gather safely by following the same guidelines the Centers for Disease Control and Prevention has laid out for vaccinated adults.

Moderna and Pfizer vaccines for 12- to 15-year-olds may be available at some point this summer, says Yvonne Maldonado, MD, chair of the American Academy of Pediatrics committee on infectious diseases. But vaccine approval for younger children could still be up to a year away.

What all of this means for kids under age 16 this summer is that play dates and get-togethers should continue as before, with small groups, masks, social distancing, and mostly outdoor play the rule.

Visiting With Relatives and Friends

According to recent CDC guidelines, people who are fully vaccinated can safely gather unmasked (even indoors) with others who are fully vaccinated, as well as with unvaccinated people from a single household—provided none of the unvaccinated people are at high risk of severe COVID-19. In other words, you and your kids can spend your vacation with grandparents, friends, or other relatives who are all fully vaccinated, and even stay at their homes.

If you're still nervous about staying overnight with relatives or friends, experts recommend that everyone—visitors as well as those hosting—get tested one to three days before the visit, and again three to five days after it ends.

But remember that the CDC guidelines for fully vaccinated individuals apply only to visits with one family at a time. “If you’re getting together with one household, it’s safe to go masks off,” Creech says. “If you’re gathering with two or more households that include anyone unvaccinated or at high risk, you should still wear masks and do things outside as much as possible.”

At this point, large multi-family gatherings, large weddings, and other big events—especially if held indoors—are still considered too risky by most experts. “If there’s guidance in your area, that should be followed, but otherwise it’s what we already know—fewer is better, outside is better, and masks work,” O’Leary says.

Day Camps and Overnight Camps

Most summer camps were closed last year, and many of those that weren’t looked very different. “My daughter did a theater camp last summer with a group of 10 [instead of 30], and the kids wore face shields and stayed six feet apart at all times,” recalls Traci Gallagher of Milford, Conn. This summer, many more summer camps plan to open, but because kids under 16 won’t be vaccinated, the American Camp Association and the CDC recommend that camps take all the COVID precautions we’ve become accustomed to.

These measures did much to prevent COVID transmission at camps that did operate last summer, according to new research. A study sponsored by the American Camp Association looked at the effectiveness of prevention measures taken by 486 overnight and day camps last summer, and found that in camps where both kids and staff regularly wore masks, there was a 73 percent and an 87 percent reduced risk of COVID transmission for campers and staff, respectively, compared to camps that had no strict face-covering policies. Overall, about 90,000 campers were part of the study and there were only 30 confirmed COVID cases among them (and 72 among the staff).

And a CDC study published last August looking at four overnight camps in Maine found that practices like pre-arrival quarantines, pre- and post-arrival testing, daily symptom checks, small groups, and facial coverings and social distancing outside of those groups resulted in only three positive tests among 1,022 kids and counselors.

Before booking a camp, find out what its COVID safety protocols look like and how your child will interact with counselors and other kids. According to the CDC, the risk for kids at camp is lowest when there’s a small group of kids, all from the same local area, who stay together all day, mostly outdoors and physically distanced. When campers come from several geographic areas, mix between groups, and don’t maintain physical distance, that poses the greatest risk. “This summer,

be on the safe side, picking a camp that keeps kids in smaller groups and requires wearing masks if indoors," O'Leary says.

Family Vacation Plans

After more than a year of canceled trips, many families are understandably eager to travel again. Still, parents have questions about what's safe: Taking a road trip? Hopping a short domestic flight? Snagging a cheap ticket to Europe?

No one knows at this point what the pandemic will look like in June, July, or August. Given the uncertainty, consider waiting as long as possible to book your trip, or make plans that are refundable in case you need to cancel.

"The [virus] variants are throwing a bit of a wrench into predictions for how safe travel will be this summer," O'Leary says. "The vaccines are proving highly effective against death, but we still need to be careful about the possibility of transmission to the large populations who are at risk and unvaccinated."

Although the CDC recently updated its guidance for travel, lifting many restrictions, the changes only apply to people who have been vaccinated. For families, that means trying to follow two different sets of rules. "Unvaccinated family members should test before travel, and test and self-quarantine afterward," Creech says. The CDC recommends testing before and after travel (by plane, car, or other transit) and following all state and local recommendations and requirements.

For parents traveling with children, road trips are still safer than flying. "Flying puts you in close quarters with others for an extended period of time, and there are several high-risk points throughout the trip—including being in the airport and on the plane itself," says Ravina Kullar, MPH, PharmD, spokesperson for the Infectious Diseases Society. "During a multi-day road trip, it is much easier to avoid these high-risk points, even if staying at hotels overnight."

And it's not just about how you'll get there. It's where you'll stay and what you plan to do during your trip. "You're playing the odds," Maldonado says. "The more people you come in contact with, the higher the probability of exposure to infection and increased possibility your kids could get sick."

Staying in a short-term rental or hotel room with a kitchenette is a good move. Making your own meals means less exposure to other people than dining out at restaurants every day. Camping, either in tents or in an RV, is another lower-risk option.

"We're renting two cabins next door to each other so that we can safely vacation with another family this summer," says Laura Rich, who lives in Boulder, Colo. with her 10-year-old son. "The kids will have plenty of space to play outdoors together, but we can separate for indoor eating and sleeping." Experts agree this is a good plan. "Family groups that include unvaccinated children should have their own living spaces," says Kullar. "Because those who are unvaccinated are still at a high risk of acquiring COVID."

As for activities, less crowded, outdoor sites such as beaches and national or state parks are still safer than places that put you in close proximity to large crowds like theme parks and concerts.

With all of the precautions and planning required to avoid COVID infection, summer 2021 may not yet be all you're longing for, but it can still be memorable for you and your family in many good ways.

Fire Prevention and Safety

Prevent burns from fire

Teach your child to avoid touching the stove, grill, firecrackers, matches, etc.

- Plan an emergency exit strategy for your home. Have at least two exits and discuss also a safe place to meet, and practice it.
- Help your child to identify emergencies and when to call 911.
- Teach fire safety at home. Help your child to identify things that can start a fire. (matches, candles, stoves, heaters, wall outlets etc.)
- Explain to your child that the smoke alarm in your home will alert them in an emergency. Teach them what to do.



- Practice stop, drop and roll.
- Help your child to learn the home address.
- Remind your child that firefighters are there to help them. They should not hide or run from them. (share pictures of firefighters in their uniform)

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