



# *Helping Your Preschooler Develop Independence*

*Little Madison Academy*



# Introduction



Thank you for choosing Little Madison Academy! We are honored to serve your child through their preschool years. We want every child to love learning and be successful in the classroom environment. There are many things you can do at home to help prepare your child for the preschool classroom. By following these guidelines, you can help your child develop essential skills they will need to thrive and succeed at school.



# Lunchroom Skills

At meal times, your child should do these things independently:

- Open packages (at least try!)
- Sit appropriately and safely
- Use a quiet voice
- Use a fork/spoon appropriately
- Use a napkin
- Demonstrate good table manners
- Raise their hand for help



Practice these skills at home by eating dinner (at the table!) together as a family. Children learn many social skills at the dinner table! This is an excellent opportunity to teach your child how to participate in a conversation, listen to others, show good table manners, and use polite words (please & thank you).

When at a restaurant, leave the devices at home and encourage your child to order for themselves!



# Personal Care

While at school, your child is expected to do the following independently:

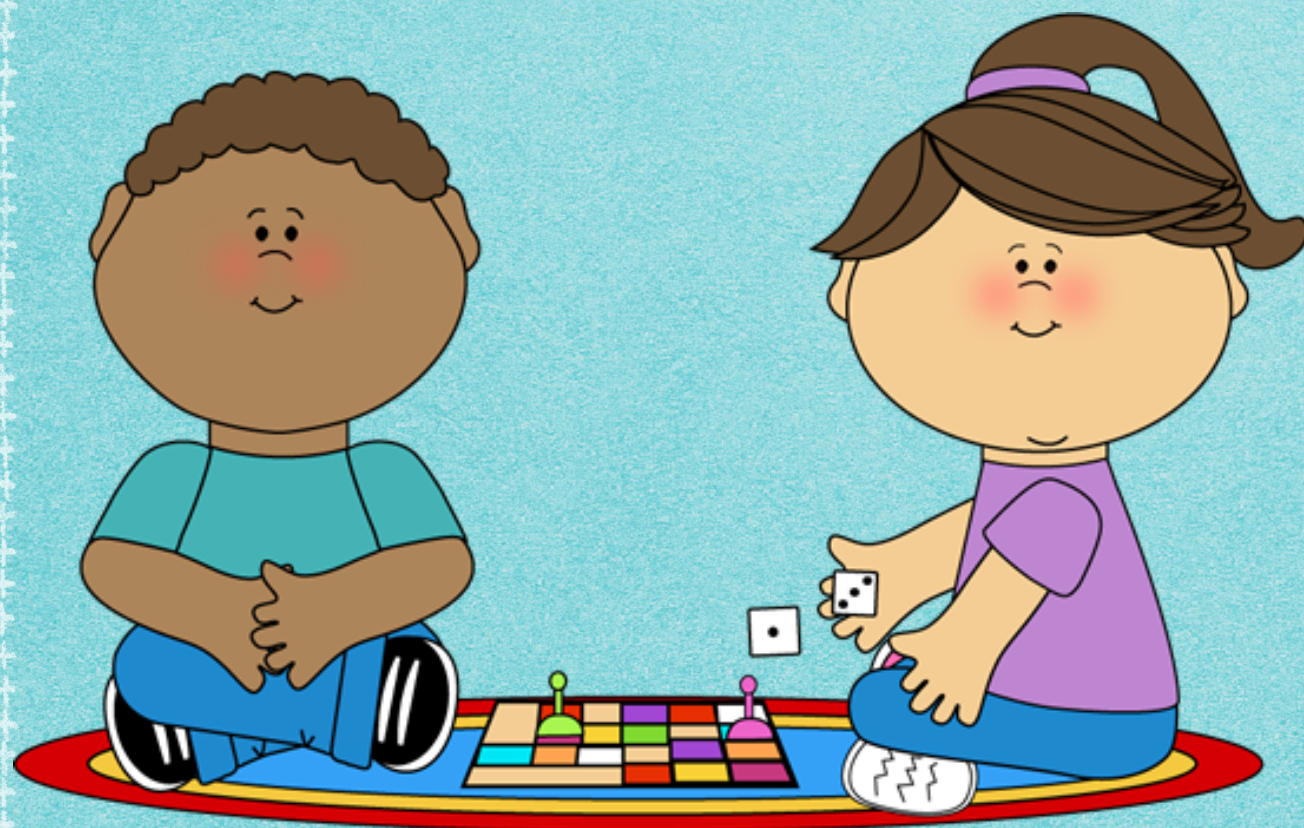


- ▶ Take care of personal things: put bag, lunch box, nap mat and folder away in designated places
- ▶ Dressing: working zippers, buttons, putting on shoes
- ▶ Using the potty (and wiping!)
- ▶ Washing hands thoroughly
- ▶ Put on their coat or jacket <https://www.youtube.com/watch?v=mUaRSG6a3JU>



# Following Directions

Use “real life” situations as opportunities to teach your child the skills of listening and following directions:



- ▶ Give your child 1-step and 2-step commands to follow (Go pick up the book and put it on the shelf.)
- ▶ Teach your child patience—make them wait while you complete a task before giving them your attention
- ▶ Play board games to teach the art of waiting, taking turns, and obeying rules
- ▶ Help your child develop empathy by doing acts of kindness for others (make cards, deliver gifts, use good manners)



# Taking Responsibility

Teach your child responsibility by giving them chores to do around the house. They are a vital part of the family “team” and everyone must do their part to help out!

- ▶ Watering plants
- ▶ Putting away laundry
- ▶ Feeding pets
- ▶ Cleaning up toys
- ▶ Making their bed
- ▶ Setting the table
- ▶ Taking dishes to the sink
- ▶ Sweeping
- ▶ Dusting





# Guidelines for **MANNERS** *to teach kids*

## IN GENERAL

Say hello & good-bye	Be on time
Say please & thank you	Know how to make a phone call
Hold the door open for people	Sit properly
If you bump into someone say sorry	Be appreciative
Cover your mouth when you sneeze	Clean up after you make a mess

## WITH ADULTS

## WITH FRIENDS

Look people in the eye	Wait your turn
Use respect when talking to adults	Don't make fun of anyone
Don't interrupt	Give compliments
Say "excuse me" to get attention	Use kind words
No foul language	

## AT THE DINNER TABLE

Wash your hands before food	Wipe your mouth with your napkin
Place your napkin on your lap	Lean over your plate
Chew with your mouth closed	Use the right utensils
Don't talk with your mouth full	Learn to set the table appropriately
Don't slurp	Say please & thank you



By teaching your little ones these simple skills before they arrive at preschool, you are empowering them to develop independence and setting them up for school success. We look forward to working with you as a team to help your child learn and grow like Jesus: in “wisdom, knowledge, and in favor with God and man” (Luke 2:52).

See you at school!

