Building Blocks

Kindergarten Readiness...
Are you prepared as a primary caregiver?
Social and Emotional Readiness

How can children be confident, responsible and independent people?

It’s up to YOU:

Primary care givers are the FIRST and CONSTANT teachers in children’s lives.
Building Block #1

Confidence

• We build confidence by setting goals and working to achieve them.

• Trying new things and taking risks helps us learn more about ourselves and helps to build our self-esteem.

• Positive attitude

• Cooperation
Building Block #2

Responsibility

• Doing what YOU say you will do. Knowing that it’s up to you to take a stand and do what’s necessary to accomplish a task.

• Expectations! Children learn responsibility when given responsibilities. For example, teaching them to pick up their clothes, put their toys away, learning to dress themselves are all chores they can master - LET THEM DO IT!

• Children should learn that they are sharing the home with others and they are not the only person in the home. This concept applies to the school environment. These are important skills because at school children will be asked to organize their desks put things away and wait their turn. Having learned and practiced these skills/concepts at home will give them an edge once school starts.

• Structure/routines
Building Block #3

Independence

• Not expecting or relying on someone else to do what you can do! Independence requires a child to have confidence and take responsibility so that he/she will develop a healthy self-concept and positive, respectful relationships.

• Developmentally, your child is ready to continue the process of learning how to do things independently.

Children at this age, have the ability to:

- Work and/or play alone
- Attend or listen to what someone else is saying
- Get along with other children of the same age
- Learn and participate in structured situations such as play and story reading
- Focus or key in and listen to one central person
- Play with others (wait their turn in line, don’t speak when others are talking)
Once the above building blocks are in place, a foundation for success is solidified. Children are then ready to manage academics and peer/adult relationships with confidence.
The choice is YOURS

The best way to help children develop these skills is to build their CONFIDENCE, and teach them RESPONSIBILITY and INDEPENDENCE!

One more thing...technology!!!
Informational Websites

° Common Sense Media (www.commonsensemedia.org)
° Family Online Safety Institute (www.fosi.org/) Good digital parenting--tips, tools and rules to confidently navigate the online world with your kids; Policy and research--in depth reports on challenging online safety issues, laws and regulations.
° http://www.raisingdigitalnatives.com great TED talk titled, "Empathy is the App." Blog articles are very helpful
° www.cyberwise.org
° www.netsmartz.org
° The Center for Internet Addiction (www.netaddiction.com) information on a variety of internet addictions (gaming, gambling, porn, facebook, general internet)
° www.connectsafely.org
° Safesmartsocial.com/ videos describing vine, twitter, whatsapp, Instagram, ask.fm, snapchat, whisper, yik-yak, etc.
° www.ikeepsafe.org

U know kids shares a parent APP to help parents monitor their children’s smartphone use (see their texts, pictures sent and received, location, call history, etc.) www.uknowkids.com
Children in a way are like tape recorders or parrots. They mimic or repeat what they hear and more importantly what they see or observe. This is true for behavior, attitude and the formation of morals and lifestyle choices. The following text, from an unknown author describes this point. The poem can serve as a guide for parents, who must make sure that they realize that teaching is not only verbal but it is non verbal too.

If children live with criticism, they learn to condemn.
If children live with hostility, they learn to fight.
If children live with ridicule, they learn to be shy.
If children live with shame, they learn to feel guilty.
If children live with tolerance, they learn to be patient.
If children live with encouragement, they learn confidence.
If children live with praise, they learn to appreciate.
If children live with fairness, they learn justice.
If children live with security, they learn to have faith.
If children live with approval, they learn to like themselves.
If children live with acceptance and friendship, they learn to find love in the world.

Author Unknown