

### LET THEM PRACTICE DAILY ROUTINES

Teach your child to put on their backpack, zip their coat, open lunch containers, and use the bathroom on their own. These small skills build big confidence

### GIVE THEM MORNING RESPONSIBILITIES

Let your child help pack their lunch, pick their clothes, or check the weather with you. This builds ownership and pride in getting ready.

### CREATE A PREDICTABLE ROUTINE AT HOME

Start a consistent bedtime and wake-up routine now so your child is used to the school schedule. Predictable routines help kids feel secure and in control.

### ENCOURAGE INDEPENDENT PROBLEM-SOLVING

Instead of jumping in, guide them with questions: "What could you try if your zipper is stuck?" This helps them learn how to think through challenges.

## "FROM LITTLE STEPS TO BIG LEAPS: RAISING INDEPENDENT LITTLE LEARNERS"

### OFFER CHOICES THROUGHOUT THE DAY

Let them choose between two outfits, snacks, or books. Making simple choices builds decision-making skills they'll need in the classroom.

### TALK ABOUT WHAT TO EXPECT AT SCHOOL

Visit the school, meet the teacher, and talk about what a school day will look like. Knowing what's coming next builds confidence and reduces anxiety.

### PRACTICE LISTENING AND FOLLOWING DIRECTIONS

Play simple games like Simon Says, or give two-step directions: "Put your shoes by the door and then wash your hands."

*This one-pager is intended for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. The signs listed here are common indicators of developmental milestones but do not provide definitive diagnoses. Each child is unique and development can present differently in each individual. If you have concerns about your child's development, please consult a qualified healthcare professional for a comprehensive evaluation and personalized guidance.*