



This issue has some great tips to help you...

- get your kids prepared for school
- develop their motor skills
- restart family routines

Therapists are working hard to develop their fall schedules. Help us to help you!

As always, if you have any questions, comments, or feedback, don't hesitate to [reach out!](#)

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Director

WANT YOUR KIDS TO DRINK MORE WATER?



- Make it a family practice to drink water at meal time and at restaurants
- Make it part of family activities, each child can decorate their own small water bottle
- Try adding frozen fruit in place of ice cubes or infusing the water with fruit
- Make ice fruit pops
- Use fancy ice cube tray shapes

TIPS TO PREPARE YOUR CHILD FOR KINDERGARTEN



- How to open their lunch box

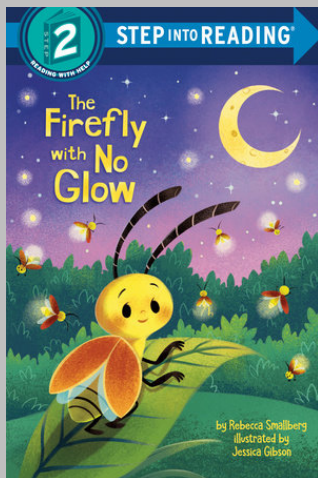
- How to be away from you for several hours
- How to put on and take off their backpack
- How to recognize their own name
- How to be independent in the bathroom



- and containers
- How to follow simple directions such as join us on the rug or line up

- How to sit with a book- even if they can't read it, your child should be able to hold a book right side up and turn pages

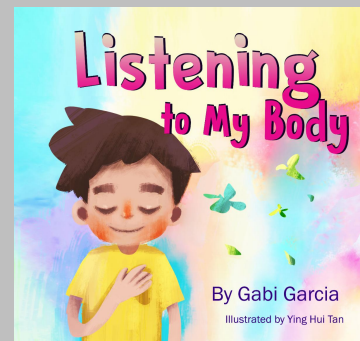
TWO GREAT BOOKS TO EXPLORE



The Firefly with No Glow by Rebecca Smallberg

The reader celebrates a firefly with no light, and how his unique lack of glow is just what's needed to save the day

EXPLORE



Listening to My Body by Gabi Garcia

The reader is engaged by this interactive picture book that introduces children to the practice of paying attention to their bodies.

EXPLORE

LUNCH JUST GOT FUN & EASY
BENTO BOXES & SALAD IN A JAR

Getting children to eat lunch can be a struggle. Asking them to eat multiple food groups at the same time may seem nearly impossible. Try these ideas.

Bento boxes

- pack them with tasty little bites in adorable containers
- many compartments allow you to fill them with a variety of fruits, veggies, whole grains, and protein sources
- make preparing lunch fun for your child



Salad in a jar

- kids can create their own salad and keep in the refrigerator over night
- start with dressing on the bottom
- place chunkier veggies such as tomatoes, carrots and cucumber next
- choose toppings such as seeds, nuts and craisins
- lettuce & spinach work best if toward the top



GET ORGANIZED ON SUNDAY FOR THE SCHOOL WEEK

Get clothes ready for the week: with your child, select outfits for each day of the week and keep them organized in individually labeled plastic drawers with separate bins for socks, underwear and school appropriate shoes

Keep backpacks ready: check that homework, notebooks, pens & pencils and permission slips are in their backpack

Wake up early: it's a great habit to



learn and leaves time just in case

Offer a simple breakfast: a healthy and quick option packed with protein and fresh ingredients

Set up routines and be consistent: the old saying-a place for everything and everything in it's place makes things easy to find. create bedtime and morning routines.

