



GETTING READY FOR SCHOOL: PARENT ACTIVITY CHECKLIST

Dear Parents:

These are activities you can do during the summer, in preparation for the transition back to school, and throughout the school year to help maximize your child's school success. Check off each activity as you complete it. The more check marks you have, the more successful you and your child will be for the school year!

DURING THE SUMMER:

- Keep learning going!**
 - Enroll your child in a high-quality summer program that incorporates learning.
 - Visit your local learning locations (museums, libraries, parks, zoo, beach).
- Develop a home reading routine.**
 - Read daily with your child for at least 30 minutes.
 - Follow our [Dialogic Reading Guide](#) to enhance your shared reading time.
- Make time for math.**
 - Use everyday activities (cooking, building, reading) to practice math skills.
 - Have fun with math while playing board games together.
- Limit screen time.**
 - When used, choose educational or developmentally appropriate programs/applications.
 - Practice what you preach. Remember, your kids are watching you.
- Be creative.**
 - Music and art help strengthen learning connections.
 - Practice fine motor skills like drawing, writing, and cutting.
- Quality time is key.**
 - Make time to be together with family and friends you love.
- Move your body!**
 - 60 minutes of physical activity each day is good for both you and your child's heart and mind.

BEFORE THE SCHOOL YEAR BEGINS:

- Visit your child's new school.** Find out your child's teacher's name and contact them before the school year begins to introduce yourself.
- Talk about the back-to-school transition with your child.**
 - Describe what the first day might look like.
 - Talk about what the rules of the classroom might be.
 - Practice school behaviors at home.
- Know your school's policies and procedures.** These are typically located on your school's website or in the school's parent handbook.



- Rise and shine.** Establish a school day morning routine and practice several times before the first day of school.
- Set up home learning routines.** Prepare and discuss space, time, and rewards for daily learning and homework routines with your child.
- Get organized!** Dedicate a "Launch Pad", a space where your child can place all the "out the door" essentials (pencils, books, assignments) needed for school the next day.

GETTING THROUGH THE SCHOOL YEAR:

- Communication is key!** Check in regularly with your child's teacher.
 - A strong relationship with your child's teacher will really help your child's overall experience throughout the school year.
 - Know your teacher's communication preferences.
 - Keep communication positive. Do not focus on just the problems.
 - Be proactive and communicate what you do to promote success at home.
 - Schedule parent-teacher conferences when needed.
- Log in.** Get a Parent Portal account to review progress, attendance, and assignments.
- Get involved at your child's school.** Volunteer or join the PTA.
- Think about after-school.** Consider enrolling your child in a high-quality after-school program, like those funded by The Children's Trust. Your child can get extra help with homework and learning when needed, and have some after-school fun!
- Monitor progress.** The first 9 weeks of the school year will be very important for you to track your child's progress.
 - Your child will be tested within the first 9 weeks of school.
 - Check in with the teacher to see how your child is doing.
 - If there are concerns, do not delay getting the help your child needs.
 - Your child's school counselor, school psychologist, pediatrician, therapists, or teachers should be able to direct you to the appropriate services.
 - Many services may be available through your child's school - just ask!

ADDITIONAL RESOURCES:

- Explore the Miami-Dade County Public Library System for free virtual books, free tutoring, and lots of other free learning resources. <https://www.mdpls.org/>
- The Children's Trust (TCT) is the largest funder of after-school, youth enrichment and summer camp programs in Miami-Dade County. TCT also offers a wide range of resources for parenting, quality early learning, health and nutrition, and services for children with special needs. <https://www.thechildrenstrust.org/>
- The Center for Children and Families (CCF) at Florida International University (FIU) offers a range of mental health and educational programs to improve the lives of children and families. 305-348-0477. <http://ccf.fiu.edu>

Here's to a Happy & Successful Start to the School Year!



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