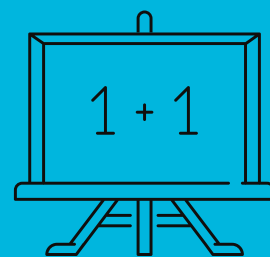


CHILDREN ENTERING KINDERGARTEN



HOW TO TEACH INDEPENDENCE



1. Give them age appropriate responsibilities
2. Give them choices with limited options
3. Teach negotiations and let them come up with reasons for their choices
4. Encourage problem solving
5. Recognize and be proud whenever they try something on their own, independent of their success or not
6. Show them how to do it, but resist actually doing it for them
7. Don't redo what they've already done

TIPS ON PREPARING FOR KINDERGARTEN

1. Plan a kindergarten visit
2. Add school events to your personal calendar
3. Create a morning and bedtime routine
4. Start slowly phasing out nap times
5. Talk about rules they might have at school and reinforce at home
6. Make a list of things to look forward to at kindergarten



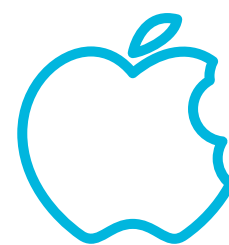
POSITIVE EMOTIONAL STRATEGIES CALENDAR



1. Buy a metallic board to create an erasable daily calendar
2. Write down the daily schedule
3. Add potential emotions that could arise from such daily activities
4. Add magnets with different emojis
5. Create a list of healthy strategies to help control these emotions

WHY DO CHILDREN BITE

1. Relieve pain from teething
2. Exploring cause and effect
3. Experience a new sensation
4. Satisfy a need for oral-motor stimulation
5. Self-defense act
6. Getting attention
7. Communicating a feeling: tired, hungry, overwhelmed, stressed...



HOW TO HELP PREVENT BITING:

1. Expectations: Age appropriate expectations for behaviours that pinpoints skills and abilities.
2. Predictability: Children need predictability and calm transitions in order to feel comfortable.
3. Relaxation/calming activities: When you see an elevated energy, introduce games such as blowing bubbles to promote breathing and listening to calm music helps bring them back to homeostasis.
4. Positive & repetitive guidance: Gently remind them of what you expect from them and give them praise when they do it.
5. Provide items to bite: Cold washcloths & biting toys are some successful replacement items. Allow them to choose the biting toys, as they will feel more inclined to use it.
6. Distraction: distract your child with something that would interest them
7. Book: Depending on the child's age, reading a book about biting helps give perspective and understanding.
8. Turn it into a lesson: Explain how that is painful and how they don't want to cause anyone pain. Teach them the importance of being empathetic.
9. Communicate: Ask them what could be bothering them and give them options of other healthy strategies to let go of the emotion. Having ice cubes is a handy substitution.
10. Shift your attention: Make sure your child doesn't associate biting with attention as they will be more inclined to use it. Negative attention can still be very reinforcing.