

How you can be involved in your child's education.

- Before your child enters kindergarten, talk enthusiastically about starting school. Visit your child's school and talk about what kind of work he or she will be doing.
- Once your child starts school, continue to encourage learning, both at school and at home.
- Provide a comfortable location for doing homework. Eliminate distractions, make sure there is sufficient workspace for spreading out books and supplies, and provide proper lighting.
- Help your child develop organizational skills. Make sure your child writes down assignments daily and checks them off once complete.
- Work with your child's teacher. Communicate early about your child's strengths and weaknesses. When face-to-face meetings are not possible, use e-mail, notes, or phone calls.
- Become involved with your child's school, either through classroom volunteering, PTA/PTO, fundraisers, carnivals, chaperone field trips, etc. Schools and teachers can work around your schedule to ensure they can meet your needs.

What you should expect from your child's school.

- Support and respect for you and your child — from the principal, to the teacher, to the cafeteria workers, and bus drivers. Every school employee plays a role in the educational process.
- Communication from the building and classroom level that clearly identifies student expectations, benchmarks, and resources to help you and your child.
- Updated information about the school's academic standing.
- Information about school-linked social services, nutrition programs, and after-school activities.
- Opportunities for you to be involved in your child's education, through volunteer work, conferences, and parent meetings.



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Information in this brochure has been adapted from the National Education Association and Lynchburg City Schools administrative staff.

Guide for Parents...

Ways to help YOU help your child prepare for and succeed in school.



A TRADITION OF EXCELLENCE FOR ALL



LYNCHBURG CITY SCHOOLS

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● RAISING READY READERS

Teaching your child doesn't start in Kindergarten. You are your child's first teacher. Make reading a habit and part of your daily routine.

- Read with expression, using different voices for different characters.
- Emphasize rhythms and rhymes in stories, and give your toddler opportunities to repeat rhyming phrases.
- Give your child a chance to choose his or her own books, and read stories again and again. It helps your child become familiar with the way stories are organized.

Reading to your child leads to the understanding of the book's main idea and what he or she is reading. Discussing and asking questions gets your child's mind thinking and using context clues.

● ABCs & 123s

Before your child starts school, help them learn the essentials so they are ready to learn in a group environment.

- Teaching children the alphabet at a young age is critical because it helps them develop letter-sound relationships and how to say and pronounce words.
- Encourage your child to identify letters and numbers on signs and other objects inside and outside.
- Explore language and numbers through singing and rhyming.

Recognizing the letters of the alphabet and the numbers 1-10 (or higher) is a big boost for kindergarten readiness.

● READING & WRITING...

Showing the relationship between writing and reading is another way to building reading skills.

- Encourage your child to draw pictures about the book he or she read. Drawing pictures helps children remember by creating an image in their minds. Drawing is also a way to help begin the writing stage.
- Teach your child how to spell his or her name and begin to write it on their artwork and other things they create.
- Help create a note with your child, let them tell you what to write, and read the note with them, guiding them along as you read.
- Label items around your home, such as door, window, sofa, etc. Collect the labels and have your child replace them on the correct objects.
- Have your child look for and read familiar signs.

Talking about new words and connecting them to words your child already knows will help develop vocabulary and concepts.

● ONCE YOUR CHILD CAN READ...

- Take turns reading to and being read to by your child.
- Talk with your child about favorite books and authors and help him or her find similar books.



● ... & ARITHMETIC

Help show your kids that math is not only useful in the classroom, but in daily life, too. You can show your kids this in simple and fun ways.

- Help your child estimate how much things cost in the grocery store.
- Estimate how many apples can fit in a bowl—then count as you fill the bowl. Did you overestimate or underestimate, and by how many?
- Use sports to teach math. Ask your child if it's possible for a football team to score 22 points? How many ways can they do that?
- As you drive in the car, explain what "miles per hour" means.

Today's math classes may seem different from what you remember as a child. In an increasingly competitive workforce, it is becoming more important to increase rigor and critical thinking skills in today's classrooms.

● SOCIAL READINESS

Social readiness is as important as academic readiness. To get your child ready for school, you should:

- Set rules and give consequences for breaking them.
- Have regular routines for mealtime and bedtime.
- Encourage your child to play with, share with, and talk to other kids.
- Encourage your child to consider the feelings of others.