

"We worry about what a child will become tomorrow, yet we forget that he is someone today." -Stacia Tauscher

Getting from Here to There: School Bus Safety

It is helpful for families to introduce themselves to the bus driver and discuss appropriate behavior on the bus. Choosing a buddy to sit with each day may cut down on negative behavior. Talk with your child about your own experiences riding the school bus. What are your memories of riding the bus? Was it fun? What did you do on the bus? Give your child some suggestions of things to do on the bus such as: look at books, watch the scenery go by and count the number of red cars that you see, talk quietly or sing songs with friends, etc. When children have a good sense of what the bus ride will be like, they are more likely to be ready to hop on board!

Take your child on a trip on a city bus for a fun family adventure. This will give your child an idea about what it is like to ride a bus and also to have good feelings about the bus due to the happy memories of your trip together.

Fun for Families

- Eat dinner together at home and talk about your day
- Talk about and do things that interest your child
- Children need time...pause...be patient
- Visit a science center or science exhibit at a museum
- Encourage your child to explore and make choices.
- Ask your child to draw a picture and send it to a friend as a way of saying "thank you"
- Encourage children to re-tell experiences and stories
- Create tents with blankets, chairs, tables and other creative items
- Go to the grocery store together – Read labels, find healthy foods



January

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Resources For Families

Book: Health, Safety and Nutrition for the Young Child by Lynn Marotz, Marie Z. Cross and Jeanettia M. Rush

NC Health Choice Program:
www.ncdhhs.gov/dma/healthchoice Website for the statewide health insurance program for children.

Cuddle Up and Read with Your Child



My Kindergarten by Rosemary Wells

People by Peter Spier

I Love You Like Crazy Cakes
by Rose Lewis

My Many Colored Days by Dr. Seuss

Where the Wild Things Are by Maurice Sendak



Tips for Families

Gather together all of the documents that you will need to register your child for kindergarten. **Contact your child's school to find out exactly what you will need.** Some documents that you may need are:

- Your child's birth certificate
- Your child's social security card
- Your child's immunization record
- Your child's completed Health Assessment
 - Your child's records from other programs – such as evaluation reports, medical records, etc.
- Completed school forms – such as the application for free and reduced meals, emergency contact information, etc.
- Your child's Individualized Education Program (IEP) if he/she has one

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