

# PATCH 'Ohana Network



PATCH - Supporting Hawaii's Child Care Needs

## GETTING INTO THE SCHOOL GROOVE

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Ah, the lazy, hazy days of summer. Our keiki hang out with their friends during the day, play outside past dusk and stay up a little later without a care in the world. And then the crazy part of summer happens... Back to school!

We all know that getting keiki back into the groove of school is like running a marathon- it's long, hard, exhausting, and stressful.

Below are some "training tips" on how parents can help keiki get back into the school groove.

1. Have dinner as a family. Family mealtime help keiki get ready for school by providing them with structure in a non-threatening way. Start off slowly by having dinner together twice a week. The meals do not need to be fancy. Keep it simple: soup, sandwiches, and a salad one night, spaghetti and meatballs another. Provide time for everyone to share about their day.



2. Limit technology use. It's not uncommon for technology use (i.e. television

viewing, use of the computer, video games, MP3 players, etc.) to go up during summer vacation. These activities "rev up" a child's brain, making it more difficult for keiki to get a good night's sleep. Decreasing technology use before bedtime will help your child's brain "log off" and get a good night's sleep.



3. Establish a bedtime routine. A good bedtime routine consists of the same things, in the same order, at the same time everyday. These regularly repeated events provide keiki with a clear signal the day is coming to an end. A bedtime routine could consist of a warm bath, going to the potty, teeth brushing, changing into sleep clothes, laying out clothes for the next day, and 15 minutes of reading aloud with a caring adult.



4. Do tonight so you don't have to do it in the morning. Getting out the door in the morning can be stressful on both keiki and their parents.

Here are some things that can be done the night before as a way to minimize morning stress:

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- Place your child's clothes for the next day on a hanger on his/her door. This will help your sleepy child get dressed first thing in the morning. Place his/her slippers or shoes (with socks tucked inside) by the front door.
- Make lunch the night before. Keep your child's items together so you can pack the lunch bag quickly and easily.
- Pack your child's school bag the night before. Make sure that everything needed for the next day is



- packed and ready to go (i.e. homework, lunch money, signed paperwork, gym clothes, etc.). Place it by the front door or in the car.

When parents take time to help their child get ready for the hustle and bustle of the new school year, they help them prepare for success in life.



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### Hawaii Careers with Young Children presents "The Journey of the Early Childhood Practitioner"

For all ECE practitioners, including child care center staff, family child care providers, family-child interaction programs, home visitors and administrators. Learn about and participate in discussions of the HCYC Workforce Development System (CANOES); the 2009 NAEYC Developmentally Appropriate Practices; Infant/Toddler Assessments; and proposed revisions to DHS Staff Licensing requirements.

HCYC will host this FREE event statewide. Includes Food & Beverages. Contact Kit Wynkoop: 531-5502 (toll free: 1-866-531-5502), email: [kwynkoop@goodbeginnings.org](mailto:kwynkoop@goodbeginnings.org)

Below is the event calendar for Oahu, with more information on the neighbor island events forthcoming. All events are 9:30am - 3:30pm.

June 27, 2009: Honolulu  
July 11, 2009: Central  
July 18, 2009: Windward  
August 1, 2009: Leeward  
August 8, 2009: Ko'olauloa



Space is limited. Reserve your seat no later than one week prior to your chosen date.