

Have Parenting Questions?

GET ANSWERS.

Sanford Parenting Services
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MUTCH WOMEN'S CENTER
FOR HEALTH ENRICHMENT
5019 S. Western Ave., Suite 200
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SANFORD
HEALTH

Parenting services

Sanford Children's Parenting Services offers a variety of services and resources to get answers to your everyday parenting questions.

CAR SEAT EDUCATION AND INSPECTIONS

Is your child riding safe in the car? Get individual car seat education and inspections to keep kids riding safe in the car. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

FAMILY AND FRIENDS CPR

You hope you never have to use it; but knowing CPR is one of the most important things you can learn for your family. This class is not designed for participants who must obtain a credential for CPR course attendance.

SANFORD CHILDREN'S SAFETY CENTER

Keep your home safe. Stop by our Safety Center; a convenient one stop shop for safety items and education. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

PARENTING COACHING

Whining, not listening, biting—sound familiar to you? Individual sessions to help you deal with everyday parenting challenges. Parenting Coaching is conveniently available by phone or office visit.

PARENTING ESOURCE

A parenting email club to receive eClasses, eNews and eNotices such as safety recalls to help you balance life and raise your family. Go to sanfordhealth.org, keyword: Parenting eSource to sign up.

EVERYDAY PARENTING CLASSES

Get answers to common parenting questions.

SCHOOL READINESS

Is it time for your child to start school?



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& Parenting
YOUR PARTNER THROUGHOUT PARENTHOOD

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Is it Time for School?

It is common to question if your child is ready to start school. Many factors come into play when you think about your little one heading off to his or her first day of kindergarten. Some specific skills that will make your child's first year at school go smoothly include his or her ability to:

- Play well with other children with minimal fighting or crying.
- Take turns when playing games.
- Remain attentive and quiet when being read a story.
- Use the toilet on his or her own.
- Successfully use zippers and buttons.
- Say his or her name, address, and telephone number.
- Understand how others feel and express feelings.
- Communicate well with others.

WHAT IF MY CHILD ISN'T READY?

It's okay if your five-year-old isn't ready for school yet. Young children with birthdays closer to the beginning of the school year may not be ready to start school. You might want to consider a high quality preschool or junior kindergarten program instead of kindergarten. One more year of learning and growing may help your child develop their school readiness skills. If you have concerns about your child's learning, contact your local school district for a screening.

Preparing your child for school isn't just about reading books and counting.

TEACHING READY FOR SCHOOL SKILLS

A parent is a child's first teacher. You can help your child develop the skills needed to be ready to start school. These things include:

- Playing board games to teach turn-taking and fairness.
 - Note: Help your child learn how to lose.
- Talking through your decision-making process out loud in the presence of your child. An example would be talking out loud about what items you'll buy at the grocery store and why.
- Modeling how to appropriately get attention with positive behavior.
- Letting your child do some things independently; set up a few activities for your child to play in the day and let him or her choose what to play when.
- Modeling manners; say "please," "thank you," and "excuse me" regularly.
- Helping your child learn responsibility. Give your child simple chores to do around the house such as:
 - Picking up his or her own toys.
 - Making his or her own bed.
 - Feeding the pet.
- Reading books with your child daily.

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READY FOR SCHOOL CHECK-UPS

Preparing your child for school isn't just about reading books and counting. There are other important things to do to prepare your child for school including:

- Getting your child's annual well-being check up with his or her health provider. If you have any hearing or speech concerns, bring them to your child's health provider's attention.
- Being up to date on vaccinations.
- Seeing the eye doctor. Make sure your child does not have any vision problems that can affect his or her learning.
- Making an appointment to see your child's dentist.

ARE YOU READY?

Are you ready for your little one to go to school? Here are some tips to start your relationship with your child's school off right:

- Attend the orientation day.
- Take a tour of the school.
- Ask to see the classroom with your child.
- Meet the teacher.
- Make a before and after school plan.
 - Will your child walk or ride to school?
 - Who will be with your child after school?
 - Are there neighborhood children who can walk or ride with your child?
- Try to be there on the first day of school to drop off and pick up your child from school. This may help calm any anxiousness your child may have about his or her new experience.