



# PROJECTenlightenment

## PARENT WORKSHOPS 2022-2023

**W**elcome to a new year of parent workshops offered by Project Enlightenment. Project Enlightenment is an excellent resource for those that have or work with young children birth through age five.

Project Enlightenment is a comprehensive early childhood education and early prevention/intervention program through the Office of Early Learning of the Wake County Public School System. We provide parents, teachers and caregivers with the knowledge and skills to help young children (birth through age 5) be successful in school and in life.

For over 50 years, Project Enlightenment has offered a variety of workshops, resources, prevention, intervention, consultation and education services to the people of Wake County. See our listing of available programs and services that follows.

### Project Enlightenment Programs & Services

#### **The Alice K. Burrows**

**Parent Teacher Resource Center (PTRC)-** The PTRC contains a variety of resources, equipment, and materials for Wake County residents including parents and teachers of young children birth through age 5. Resources include a lending library and video collection of over 10,000 items and a Production Area for creating learning materials to use with young children. The specialized collection includes books on a variety of topics including child development, parenting and teaching techniques. Email [ptrc@wcpss.net](mailto:ptrc@wcpss.net) or call for more information. **919.694.8990**

**Teacher Parent Consultation-** Teacher Parent Consultants (TPCs) address classroom difficulties with behavior, social development and learning for children enrolled in preschools and child care facilities in Wake County. Requests for consultation are made by directors/teachers. In public school kindergartens and in collaboration with School Intervention Teams, TPC's provide support to parents/families of public kindergarten children. Requests for consultation are made by intervention team facilitators and principals. **919.856.7774**

**Developmental Screenings-** Screening services are available when concerns arise about a child's development. A screening consists of engaging activities for children that provide information for the parents on how their child is developing. Parents observe and also participate in the screening. Parents can make a screening appointment by calling **919.694.8993**

**Demonstration Preschool Classrooms-** Project Enlightenment offers two innovative preschool classrooms for four-year-olds, the Demonstration Preschool (DPS) classroom and the Blended Classroom (BC). The Blended Classroom (BC), combines NC PreK, Title 1 PreK and special education pre-kindergarten. As a full-day program, it emphasizes research-based early literacy practices in an inclusive environment. The Demonstration Preschool (DPS) classroom is an inclusive half-day pre-kindergarten classroom. It serves both children with developmental concerns and typically developing children. **919.856.7774**

**Ready to Learn Centers-** Project Enlightenment's Ready to Learn Centers (RTL) offer developmentally appropriate learning activities for children 18 months to 5 years of age and their families within Wake County. Parents and children attend together and activities are designed to provide parents with information to be

used at home to promote continued development. Services may be offered in-person or conducted virtually. In-person services occur at five elementary schools in Wake County. Most RTL services operate on a traditional school year calendar and are closed during the summer months. Email [rtl@wcpss.net](mailto:rtl@wcpss.net) or call for more information. **919.856.7774**

**Parents as Teachers Program-** Parents as Teachers (PAT) is an internationally acclaimed, evidence-based parenting education program for families with children birth through age five. Parent Educators help families understand child development and encourage their children to become enthusiastic learners. Home visiting, group connections, screening, and referral are all part of the program. Parents as Teachers is available on a referral basis to families who meet grant guidelines. **919.856.7774**

**Parent Counseling-** Project Enlightenment offers short-term counseling at no cost for parents with concerns about child behavior or development that may impact school success. Services are available for families of young children birth through age 5. **919.694.8991**

**Parent Workshops-** Project Enlightenment offers classes on topics related to parenting young children. Classes are held from September to May of each year. Visit our website at [wcpss.net/projectenlightenment](http://wcpss.net/projectenlightenment) to download a brochure, get more information or to register online. **919.856.7774**

**Transition to Kindergarten (T2K) Workshops-** T2K workshops are offered free of charge to parents who are interested in gaining information and resources that will be useful in preparing their child for kindergarten. Workshops are scheduled for the 2022-2023 traditional school calendar from September through May. For more information, contact Cam Ellis at [cellis@wcpss.net](mailto:cellis@wcpss.net).

**Facebook Page-** "Like" our page on Facebook for updates on our services and tidbits of information that are relevant to young children.

**Project Enlightenment Website-** Check out our website for updates on our services, Wake County Public Schools information and other information that is relevant to young children, families and educators. **[www.wcpss.net/projectenlightenment](http://www.wcpss.net/projectenlightenment)**

*Project Enlightenment is here to help you help young children succeed at home, at school and in life.*



# ***PROJECT ENLIGHTENMENT***

# Parent Workshops 2022 - 2023

## WORKSHOP FACTS & INFORMATION

### INTENDED AUDIENCE

All workshops, virtual and in-person, are intended for parents of young children three- to five-years of age. Workshops for parents of toddlers one- to three-years of age will also be offered. Workshops are scheduled for the 2022-2023 traditional school calendar from September through May. Workshops are one and a half hours in length however, it is requested that participants log-in at least 15 minutes prior to the start of the workshop to ensure connectivity.

**Virtual Workshops:** All virtual workshops will occur on the Google Meet platform. Per WCPSS policy, workshops may not be recorded for later viewing and may not be recorded by participants.

**In-Person Workshops:** In-person workshops will be held at Project Enlightenment unless otherwise noted.

### PERSONAL CONTACT INFORMATION

Personal information provided for registration purposes, including phone numbers, mailing address and email addresses are for Project Enlightenment use only and will not be shared with anyone outside of Project Enlightenment. Phone numbers are used to contact participants in the event a workshop is cancelled. Email addresses are used for workshop confirmations, communications from the workshop instructors, and for periodic informational emails. To be removed from any Project Enlightenment mailing lists, contact Teresa Veno at [peworkshops@wcpss.net](mailto:peworkshops@wcpss.net).

### INCLEMENT WEATHER POLICY

Inclement weather will not affect any virtual workshops- they will occur regardless of school cancellations or closings. Timely communication will be provided regarding cancellation or rescheduling of any workshops affected by inclement weather.

### CHILD CARE

Childcare is NOT provided. Please make other arrangements for your children when attending in-person workshops.

### CANCELLATIONS

Project Enlightenment maintains a no refund policy unless a workshop or series is cancelled by Project Enlightenment. Low enrollment may cause a class to be cancelled. In that event, we will alert participants one week prior to class that enrollment is low and may be cancelled. If a workshop or series is cancelled, we will notify you of any cancellations three days before the class starts.

### QUESTIONS?

Please contact Teresa Veno via email at [peworkshops@wcpss.net](mailto:peworkshops@wcpss.net) or call 919.856.7774 x 27025.

### WEBSITE

To learn more about workshop offerings, visit our website at [wcpss.net/projectenlightenment](https://wcpss.net/projectenlightenment).

## SPECIAL FEATURE: Transition to Kindergarten Workshops

**Transition to Kindergarten (T2K) Workshops** are offered free of charge to parents who are interested in gaining information and resources that will be useful in preparing their young child for kindergarten.

Workshops are scheduled for the 2022-2023 traditional school calendar from September through May. Some workshops will occur in-person while others will occur virtually through Google Meet.

### Contacts & Resources

- For additional information regarding T2K workshop content, contact **Cam Ellis**, at [cellis@wcpss.net](mailto:cellis@wcpss.net)
- For information regarding registration, contact **Teresa Veno** at [peworkshops@wcpss.net](mailto:peworkshops@wcpss.net)
- For general information about workshops at Project Enlightenment: <https://peworkshops.wcpss.net/>

**Special Note:** The enclosed handout *Kindergarten Tip Sheet*, contained in the back of the booklet, can be removed and referenced to help prepare you and your child for kindergarten. Please feel free to make copies and share with other families that have young children going into Kindergarten.

# Parent Workshops 2022 - 2023

## ~ SPECIAL NOTE ~

*Project Enlightenment is offering both virtual and in-person workshop sessions. Please read each workshop description carefully so you will know the type of session that is being offered. Please note that PT2K indicates a workshop specific to kindergarten preparation. Virtual workshops will happen in real time and per WCPSS policy cannot be recorded for later viewing and may not be recorded by participants.*

### ↔ Kindergarten Parent Partnerships and Participation ↔

This workshop will provide ideas for parents on connecting with their child before, during, and after the kindergarten year. They will find out how to advocate for their child, support the school curriculum at home and learn about best practices regarding parent-school partnerships that encourage academic and social/emotional success throughout the elementary school years. *For parents of pre-k and kindergarten students.*

**This workshop is offered twice during the year.**

**Date:** September 8, 2022

**Time:** 6:30 - 7:30 p.m.

**Location:** Virtual-Google Meet

**Course No.:** PT2K2313

**Cost:** No Fee

**Type:** This is a virtual workshop session.

### ↔ Firmness and Limit Setting: Tips to Increase Cooperation ↔

In this workshop, participants will get information and strategies on how to be firm, consistent and set effective limits while teaching and modeling the behaviors they want to see their child learn and use. *For families with children 3 to 6 years of age.*

**This workshop is offered twice during the year.**

**Date:** September 28, 2022

**Time:** 6:30 - 8:00 p.m.

**Location:** Virtual-Google Meet

**Course No.:** PPB2300

**Cost:** \$22/person, \$33/couple

**Type:** This is a virtual workshop session.

### ↔ The Rocky Road to Regulation ↔

What is self-regulation and how can the power of self-control be taught? In this workshop, participants will learn strategies to interact with their child that teach self-control and support the development of self-regulation. *For families with children 3 to 6 years of age.*

**This workshop is offered twice during the year.**

**Date:** October 11, 2022

**Time:** 6:30 - 8:00 p.m.

**Location:** Virtual-Google Meet

**Course No.:** PPB2301

**Cost:** \$22/person, \$33/couple

**Type:** This is a virtual workshop session.

### ↔ The Anxious Child's Toolkit for Success ↔

Is your child shy, cautious, anxious or all of the above? In this workshop, a wide variety of worries, anxieties and fears of young children will be discussed and participants will be provided with strategies for helping children overcome them. *For families with children 3 to 6 years of age.*

**Date:** October 25, 2022

**Time:** 6:30 - 8:00 p.m.

**Location:** Virtual-Google Meet

**Course No.:** PPB2302

**Cost:** \$22/person, \$33/couple

**Type:** This is a virtual workshop session.

### ↔ Parent Teacher Resource Center Open House:

**Discover a Treasure Trove of Resources for Parents of Young Children ↔**

Join us to explore current, informative, and helpful parent resources located in our Parent Teacher Resource Center! This includes diverse materials for adults and children on a variety of topics such as child development, behavior guidance, social emotional tools and more. Come see what we have that can be helpful in parenting your young child! This session will include a "make-and-take" that can be useful in establishing routines in your home. *For families with children 15 months to 5 years of age.*

**Date:** October 26, 2022

**Time:** 4:00 - 6:00 p.m.

**Location:** Project Enlightenment

**Course No.:** PPB2303

**Cost:** No Fee

**Type:** This is an in-person workshop session.

### ↔ Making Life Easier: Coaching Children Through Problems ↔

Small children often have BIG feelings. In this workshop, you'll practice supportive steps to help your children through problems including ideas for validating emotions and practicing calming strategies. Participants will engage in reflection and brainstorming about situations they face with their child, and will receive visual supports to use for problem solving at home. *For families with children 3 to 6 years of age.*

**Date:** November 1, 2022

**Time:** 6:30 - 8:30 p.m.

**Location:** Project Enlightenment

**Course No.:** PPB2304

**Cost:** \$22/person, \$33/couple

**Type:** This is an in-person workshop session.

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*PROJECT ENLIGHTENMENT- Serving young children and the adults in their lives for 50 plus years!*

# Parent Workshops 2022 - 2023

## → Understanding and Supporting Your Intense and Challenging Child →

Is your child, intense, challenging or active? In this workshop, participants will identify factors that contribute to these temperament types and behaviors. Strategies for helping these children overcome them will be shared. *For families with children 3 to 6 years of age.*

**Date:** November 15, 2022  
**Course No.:** PPB2305

**Time:** 6:30 - 8:00 p.m.  
**Cost:** \$22/person, \$33/couple

**Location:** Virtual-Google Meet  
**Type:** This is a virtual workshop session.

## → Empowering Your Child with "I Can" Statements →

As a bridge to the kindergarten classroom, where "I can" statements are used daily, parents will learn more about the impact "I can" statements have on intrinsic motivation, individualized learning, and academic success. Parents will have the opportunity to create "I can" statements that can be used to positively influence behavior and learning at home. This workshop supports the transition to kindergarten by connecting the home environment to the classroom. *For families with children 3 to 6 years of age.*

**Date:** November 17, 2022  
**Course No.:** PT2K2314

**Time:** 6:30 - 7:30 p.m.  
**Cost:** No Fee

**Location:** Virtual-Google Meet  
**Type:** This is a virtual workshop session.

## → Parenting Power Struggles: Who is in Charge Here? →

Tantrums are a normal part of the parenting journey, but one of the most challenging to handle. This informative workshop will teach parents how to recognize triggers and respond in new ways that are calming, neutral, and productive. This workshop will provide strategies not only to survive the meltdowns, but to actually learn from them. *For families with children 3 to 6 years of age.*

**Date:** December 7, 2022  
**Course No.:** PPB2306

**Time:** 6:30 - 8:00 p.m.  
**Cost:** \$22/person, \$33/couple

**Location:** Virtual-Google Meet  
**Type:** This is a virtual workshop session.

## → Best Friends and Worst Enemies: Supporting Positive Sibling Relationships →

Sibling relationships sometimes foster jealousy and competition, but with some guidance they have the potential to teach children how to get along well with others. Learn practical skills to help children share, reduce sibling rivalry, and create more peaceful interactions between siblings. *For families with children 3 to 6 years of age.*

**Date:** January 25, 2023  
**Course No.:** PPB2307

**Time:** 6:30 - 8:00 p.m.  
**Cost:** \$22/person, \$33/couple

**Location:** Virtual-Google Meet  
**Type:** This is a virtual workshop session.

## → Firmness and Limit Setting: Tips to Increase Cooperation →

In this workshop, participants will get information and strategies on how to be firm, consistent and set effective limits while teaching and modeling the behaviors they want to see their child learn and use. *For families with children 3 to 6 years of age.*

**Date:** February 8, 2023  
**Course No.:** PPB2308

**Time:** 6:30 - 8:00 p.m.  
**Cost:** \$22/person, \$33/couple

**Location:** Virtual-Google Meet  
**Type:** This is a virtual workshop session.

## → Parenting and Tackling the Toddler Years →

Ahh! The toddler years! A time of great cognitive, social and emotional development! Join us for this informative workshop as we learn about the toddler's unique developmental needs, the importance of routines and play, ways to foster independence and self-esteem and the importance of language and emotional literacy development. Common challenging behaviors that the toddler years present will be reviewed, and participants will leave with practical tips and strategies to lessen these behaviors. *For families with children 15 months to 3 years of age.*

**Date:** February 16, 2023  
**Course No.:** PPB2309

**Time:** 6:30 - 8:00 p.m.  
**Cost:** \$22/person, \$33/couple

**Location:** Virtual-Google Meet  
**Type:** This is a virtual workshop session.

## → Hands-on Kindergarten Readiness at Home (Date, Time & Location TBD) →

Parents will have the opportunity to bring their pre-k aged child to enjoy a play-based workshop with ideas and activities to do at home as they prepare for kindergarten. Children will visit a kindergarten classroom and meet a kindergarten teacher. Parents will become more comfortable with hands-on learning and their role in early learning. This fun and interactive workshop will help parents incorporate the preschool Foundations for Early Learning and Development into play at home and begin their educational partnership with WCPSS. *For parents of pre-k students.*

**Note:** Final date, time and location will be shared prior to the session and will occur in an active kindergarten classroom. Please check the Project Enlightenment website frequently for updates.

**Date:** Early Spring 2023  
**Course No.:** PT2K2315

**Time:** TBD  
**Cost:** No Fee

**Location:** TBD  
**Type:** This is an in-person workshop session.



# Parent Workshops 2022 - 2023

## → The Rocky Road to Regulation ←

What is self-regulation and how can the power of self-control be taught? In this workshop, participants will learn strategies to interact with their child that teach self-control and support the development of self-regulation. *For families with children 3 to 6 years of age.*

*This workshop is offered twice during the year.*

**Date:** March 7, 2023  
**Course No.:** PPB2310

**Time:** 6:30 - 8:00 p.m.  
**Cost:** \$22/person, \$33/couple

**Location:** Virtual-Google Meet  
**Type:** This is a virtual workshop session.

## → Your Baby's First Year ←

You've got the baby, but who has you? Join us as we share activities on how to connect, care and optimize your baby's development while not forgetting about exploring ways to help take care of YOU as well! *For families with babies 3 months through one year of age.*

**Date:** March 16, 2023  
**Course No.:** PPB2311

**Time:** 6:30 - 8:00 p.m.  
**Cost:** \$22/person, \$33/couple

**Location:** Virtual-Google Meet  
**Type:** This is a virtual workshop session.

## → Empowering Your Child with "I Can" Statements ←

As a bridge to the kindergarten classroom, where "I can" statements are used daily, parents will learn more about the impact "I can" statements have on intrinsic motivation, individualized learning, and academic success. Parents will have the opportunity to create "I can" statements that can be used to positively influence behavior and learning at home. This workshop supports the transition to kindergarten by connecting the home environment to the classroom. *For parents of pre-k and kindergarten students.*

**Date:** April 13, 2023  
**Course No.:** PT2K2316

**Time:** 6:30 - 7:30 p.m.  
**Cost:** No Fee

**Location:** Virtual-Google Meet  
**Type:** This is a virtual workshop session.

## → Positive Discipline: Tools for Your Parenting Toolbox ←

Tired of tantrums? Weary of whining? Kids not listening? In this **three-session** workshop series on the foundations of positive discipline, parents will learn how to develop a firm, effective limit setting style, follow through with choices and consequences and prevent misbehavior before it starts. This series is three weeks in length and includes a workbook of reference materials that you will be able to use for years to come. *For families with children 3 to 6 years of age.*

**Dates:** April 19, 26 & May 3, 2023  
**Course No.:** PPB2312

**Time:** 6:30 - 8:30 p.m.  
**Cost:** \$64/person, \$84/couple

**Location:** Virtual-Google Meet  
**Type:** This is a virtual workshop session.

## → Kindergarten Parent Partnerships and Participation ←

This workshop will provide ideas for parents on connecting with their child before, during, and after the kindergarten year. They will find out how to advocate for their child, support the school curriculum at home and learn about best practices regarding parent-school partnerships that encourage academic and social/emotional success throughout the elementary school years. *For parents of pre-k and kindergarten students.*  
*This workshop is offered twice during the year.*

**Date:** May 9, 2023  
**Course No.:** PT2K2317

**Time:** 6:30 - 7:30 p.m.  
**Cost:** No Fee

**Location:** Virtual-Google Meet  
**Type:** This is a virtual workshop session.



*Project Enlightenment is open Monday through Fridays from 8 a.m. until 5 p.m.*

# Parent Workshops 2022 - 2023

## REGISTRATION & PAYMENT INFORMATION

Enrollment is limited. Register early as registration is on a “first-come, first-served” basis upon receipt of registration and payment. **Please note that registration closes one week prior to the date of workshop.**

### THERE ARE TWO OPTIONS TO REGISTER FOR WORKSHOPS:

#### 1. Online Registration

Individuals may register and submit secure payment online via the Parent’s tab on our website at <https://peworkshops.wcpss.net>. Complete the registration portion and pay online by credit card (Master Card, Visa, and Discover Card only). All transactions are securely handled by Wells Fargo’s Elavon Virtual Merchant. Any information received is kept confidential and is not shared with other groups, agencies, or individuals. Once registration and payment are processed an email confirmation will be sent.

#### 2. Mail- In Registration

The mail-in registration form is located on the following page and is also available online for download.

Mail-in registrations, along with payment must be received two weeks prior to the scheduled event. Registration is ONLY processed when actual payment is received. Once registration and payment are received an email confirmation will be sent.

##### ***Instructions for registration include:***

- remove (or print if downloaded) the registration form
- complete the form by entering the cost of each workshop in the “Total” column. Enter the sum total of all workshops in the “Total Cost” box
- make checks payable to Project Enlightenment (*Fees can be adjusted based on financial need. Call 919-856-7774 x27025 for more information.*)
- make a copy for your reference
- mail it along with payment to:

## PROJECT ENLIGHTENMENT

Parent Workshop Registration  
501 S. Boylan Avenue, Raleigh, NC 27603

### THERE ARE TWO TYPES OF REGISTRATION CONFIRMATION

Confirmations for virtual and in-person workshops will ONLY be sent via email and ONLY after payment is received. Please write your email address legibly.

#### 1. Virtual Workshops: You will receive two emails.

- The first will provide confirmation of your registration.
- The second email (closer to the scheduled workshop date) will contain the link to login. If you do not receive the second email within 24 hours of the scheduled workshop, please email Teresa Veno at [peworkshops@wcpss.net](mailto:peworkshops@wcpss.net) or call 919.856.7774 x 27025.
- Please plan to log-in 10 minutes prior to the scheduled workshop time to ensure connectivity and that your microphone and chat features are working properly. Please know that the presenter will begin promptly as scheduled.
- Workshops will not be recorded and may not be recorded by participants.

**2. In-Person Workshops:** You will receive one email providing confirmation of your registration to attend the in-person workshop. If you do not receive an email confirmation, please email Teresa Veno at [peworkshops@wcpss.net](mailto:peworkshops@wcpss.net). Please know that the presenter will begin promptly as scheduled.

# WORKSHOP REGISTRATION AND INFORMATION

Please print clearly and COMPLETE ALL PARTS OF THE FORM.

Send the completed form along with payment to

**PROJECT ENLIGHTENMENT**

501 S. Boylan Avenue, Raleigh, N.C. 27603.

For additional registration forms or to register online visit [www.wcpss.net/projectenlightenment](http://www.wcpss.net/projectenlightenment).

last name	first name	m.i.
spouse last name/second participant	first name	m.i.
street address	apt. no.	
city	zip	
primary phone	secondary phone	
email address (for confirmation of paid registration- please print legibly)		

✓	Course Number	Title	Date(s)	Cost	Total
	PT2K2313	Kindergarten Parent Partnerships and Participation	9/8/2022	No Fee	
	PPB2300	Firmness and Limit Setting: <i>Tips to Increase Cooperation</i>	9/28/2022	\$22/\$33	
	PPB2301	The Rocky Road to Regulation	10/11/2022	\$22/\$33	
	PPB2302	The Anxious Child's Toolkit for Success	10/25/2022	\$22/\$33	
	PPB2303	PTRC Open House for Parents: <i>Discover a Treasure Trove of Resources for Parents of Young Children</i>	10/26/2022	No Fee	
	PPB2304	Making Life Easier: <i>Coaching Children Through Problems</i>	11/1/2022	\$22/\$33	
	PPB2305	Understanding and Supporting Your Intense and Challenging Child	11/15/2022	\$22/\$33	
	PT2K2314	Empowering Your Child with "I Can" Statements	11/17/2022	No Fee	
	PPB2306	Parenting Power Struggles: <i>Who is in Charge Here?</i>	12/7/2022	\$22/\$33	
	PPB2307	Best Friends and Worst Enemies: <i>Supporting Positive Sibling Relationships</i>	1/25/2023	\$22/\$33	
	PPB2308	Firmness and Limit Setting: <i>Tips to Increase Cooperation</i>	2/8/2023	\$22/\$33	
	PPB2309	Parenting and Tackling the Toddler Years	2/16/2023	\$22/\$33	
	PT2K2315	Hands-On Kindergarten Readiness at Home- <i>(This workshop will occur in early Spring 2023. Please visit our website often to learn more.)</i>	TBD	No Fee	
	PPB2310	The Rocky Road to Regulation	3/7/2023	\$22/\$33	
	PPB2311	Your Baby's First Year	3/16/2023	\$22/\$33	
	PT2K2316	Empowering Your Child with "I Can" Statements	4/13/2023	No Fee	
	PPB2312	Positive Discipline: <i>Tools for Your Parenting Toolbox (3 Sessions)</i>	4/19 & 26 & 5/3/2023	\$64/\$84	
	PT2K2317	Kindergarten Parent Partnerships and Participation	5/9/2023	No Fee	
Total Cost »					



## ~ Off to a Good Start in Kindergarten Tip Paper ~



### Health Routines

- Establish a bedtime that gives 10+ hours of sleep.
- Ensure immunizations and health exams are current (must be shared with school).
- Stick to regular times for meals.



### Positive Approaches toward Learning

- Provide toys and games for exploration and discovery.
- Create opportunities to stay on task for 15 minutes (or more).



### Social and Emotional Development

- Talk about feelings.
- Facilitate friendships with other children.
- Set basic rules and allow child to adapt to change.
- Celebrate independence.

## Off to a Good Start in Kindergarten

We know this is an exciting time for your entire family! Your child's kindergarten classroom will be a creative and stimulating environment full of learning and exploration. Kindergarten will provide the foundation for the rest of your child's school experiences and your child will develop a love of learning.

Recognizing the importance of the school's partnership with all families, we encourage you to help your child prepare for the kindergarten experience at home.

■ ■ ■ **STARTS HERE**  
■ ■ ■ **WHAT CHANGES**  
■ ■ ■ **EVERYTHING.**



Text **R4K WC** to **70138** to receive weekly Ready4K tips!



### Language Development

- Talk, talk, talk at home!
- Read together every day.
- Give multiple step instructions (1, 2, 3).
- Encourage sentences of several words.



### Health and Physical Development

- Run, jump, climb, swing and throw together.
- Develop independence — dressing, eating, and personal hygiene.
- Share a space to use scissors and crayons.



### General Knowledge

- Teach first and last name.
- Learn basic colors.
- Practice numbers and letters.
- Retell stories together.

**Visit the Parent Teacher Resource Center at Project Enlightenment for more information and resources on preparing young children for kindergarten.**

## ~ Papel de consejos para un buen comienzo en el kinder en español ~



### Rutinas de salud

- Establecer un horario de acostarse que brinde 10 horas o más para dormir.
- Asegurarse de estar al día con las vacunas y los exámenes físicos (se debe compartir esta información con la escuela).
- Mantener el mismo horario para las comidas a diario.



### Enfoques positivos en el aprendizaje

- Proporcionar juguetes y juegos que fomenten la exploración y el descubrimiento.
- Crear oportunidades para mantenerse enfocado en una tarea por 15 minutos (o más).



### Desarrollo social y emocional

- Conversar sobre los sentimientos.
- Brindar la oportunidad de hacer amistades con otros niños.
- Establecer reglas básicas y permitir que su niño se adapte al cambio.
- Celebrar el comportamiento independiente.

## Un buen comienzo en el Kinder

¡Sabemos que este es un tiempo muy emocionante para toda la familia! El salón de clase del Kinder de su niño será un entorno lleno de creatividad y estimulación para el aprendizaje y la exploración. El Kinder le proporcionará a su niño las bases para el resto de sus experiencias escolares y su niño desarrollará el amor por aprender.

Reconociendo la importancia de la colaboración entre la escuela y todas las familias, le alentamos a que usted ayude a su niño a prepararse en casa para su experiencia en el Kinder.

WHAT STARTS HERE  
CHANGES  
EVERYTHING.



¡Envíe el texto **R4K WC** a **70138** para recibir consejos semanales por parte de Ready4K!



### Desarrollo del lenguaje

- ¡Hablar, hablar y hablar con su niño en casa!
- Leer junto con su niño todos los días.
- Darle instrucciones de múltiples pasos (1, 2, 3).
- Animarle a formar oraciones de varias palabras.



### Desarrollo de salud y físico

- Correr, saltar, trepar, mecerse y lanzar juntos.
- Desarrollar la independencia para vestirse, comer y la higiene personal.
- Compartir un espacio para usar tijeras y crayones.



### Conocimiento general

- Enseñar el primer nombre y el apellido.
- Aprender los colores básicos.
- Practicar los números y las letras.
- Volver a contar las historias juntos.

**Visite el Centro de Recursos para Padres y Maestros en Project Enlightenment para obtener más información y recursos sobre cómo preparar a los niños pequeños para el kinder.**

- Haga copias de esta página para amigos y familiares que tienen niños preparándose para el jardín de infantes. -

A stylized sun graphic with a spiral center and wavy rays. The sun is rendered in a light purple color. The text "PROJECT ENLIGHTENMENT" is written across the center of the sun in a bold, purple, sans-serif font.

# ***PROJECT ENLIGHTENMENT***

# PROJECTenlightenment

Office of Early Learning

Wake County Public School System

501 S. Boylan Avenue

Raleigh, NC 27603

919-856-7774

[www.wcpss.net/projectenlightenment](http://www.wcpss.net/projectenlightenment)



**Project  
Enlightenment**



**WAKE COUNTY  
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## PROJECT ENLIGHTENMENT

*Helping young children succeed at home, at school . . . in life.*

### ***Got Little Kids!***

Want information that relates to young children,  
parenting, and community events, then...

## **"LIKE" US ON FACEBOOK!**

We share useful information for those that have or work with  
young children birth through age five.