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## A Handbook for Parents of Beginning School Children

Mississippi Congress of Parents and Teachers

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MISS. P.T.A.

# A HANDBOOK for PARENTS of BEGINNING SCHOOL CHILDREN



*So your child is starting to school.  
Help him to enjoy his first day.  
Teach him not to fear the unknown,  
that the World is a safe place in which to live.*

A Preschool Publication of the  
Mississippi Congress of Parents and Teachers

## PARENTS

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Your child will soon enter school for the first time. For five or six years now you have been giving the child good care in many ways. Now you will want to do some things which will help him get along happily and well in school. We would like to point up information that will help you to get your child off

to a good start in school. Some of these things you have been doing, of course, but we hope in this pamphlet to remind you of others. It has been planned as a guide to help parents better understand the responsibility of the home in guiding the child's early learning experiences.

In the day-to-day living before school, opportunities may be provided a child to develop a strong healthy body, an alert inquiring mind, enjoyment of friends of his own, increasing independence in thinking and action, and a sense of well-being in living. The patterns which are established during the years before 6 will have an important bearing on the way a child finds his place in a school situation. The experiences of the home and the school must be brought and kept working harmoniously together to make for a well-adjusted and happy child.



## A HAPPY CHILD COMES FROM A HAPPY HOME

### *Which Offers:*

1. Confidences.
2. Harmonious relationship among family members.
3. Enough affection.
4. Security.
5. Sufficient wholesome attention.

### *Where the Family Has Taken Time:*

1. To respect the rights of each other.
2. To work and play together.
3. To teach what is right and wrong.
4. To teach the child manners which parents are proud of—on the bus, in church, on the street, in stores, and on visits.

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A wholesome program of childhood development strives to meet the needs of the child physically, mentally, socially, and morally in order that he may be emotionally stable. Every parent can make vital contributions to building these attitudes and abilities as follows:

## I. PHYSICALLY

### *A Healthy Child Needs:*

1. Ten or twelve hours of sleep each night.
2. To observe rest periods throughout the day.
3. To learn to relax.

### *Protect Your Child by:*

1. Giving him a complete physical examination and correcting the defects found to exist.
2. Having his teeth examined and being sure to get his dental certificate stating that his teeth are in good condition.
3. Immunization against diphtheria and whooping cough.
4. Vaccination against small pox.
5. Keeping him at home in bed when sick.



6. Watching your child's diet. Pre-school youngsters should eat foods which are good for growing children.

### *Help Your Child to Form the Habit of:*

1. Combing his hair.
2. Washing his hands before meals.
3. Brushing his teeth after each meal.

## II. MENTALLY

### *Challenge Your Child's Mental Ability by:*

1. Encouraging him to express his own ideas and to listen to those of others.
2. Giving him opportunity to approach new situations with a feeling of self-confidence.
3. Supplying him with many picture books.
4. Reading him many stories.
5. Making him feel wanted and that he is loved and necessary to those around him.
6. By protecting the child from nagging and complaining in order that his emotional security will not be shocked. It is this security that builds not only a child's inner happiness but his self-respect, his confidence in himself and in other people.
7. Giving him an opportunity to make his own decisions.
8. Being loving parents. With comforts gone and physical safety threatened, emotional and spiritual security may still remain in homes where parents love each other and their children.



### III. SOCIALLY

*Help Your Child Practice Being:*



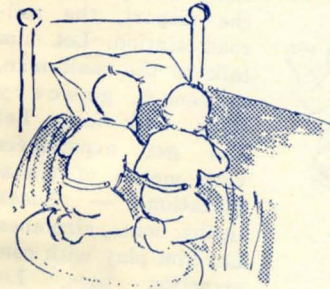
1. Polite and courteous. (by being polite to him.)
  2. Friendly and thoughtful toward others.
  3. Willing to follow as well as to lead.
  4. Obedient to you as well as to others.
  5. Willing to work, play and share with others.
6. Able to experience the thrill of conquering problems, to know that hard work pays.

*Your Child Should Have:*

1. Little jobs in the home for which he is responsible.
2. A good attitude toward school. Children are influenced by parents' attitude toward school.
3. A feeling that he will find friends at school to help him, such as:
  - a. The Teacher
  - b. The Principal
  - c. Patrol boys
  - d. Cafeteria manager
  - e. School custodian
4. A feeling that he will have fun at school.

### IV. MORALLY

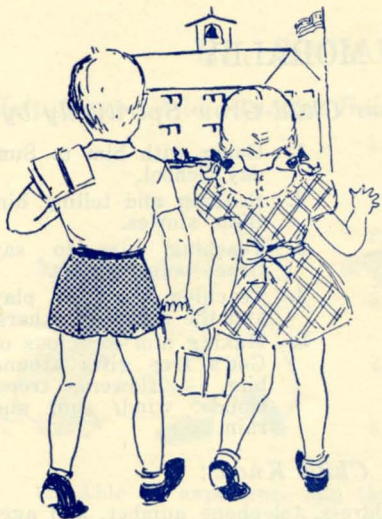
*Have You Helped Your Child Grow Spiritually by:*



1. Going with him to Sunday School.
2. Reading and telling him Bible stories.
3. Teaching him to say Grace before meals.
4. Teaching him fair play and the rights of others.
5. Making him conscious of God's free gifts around him — flowers, trees, clouds, wind, sun, and rain.

*Does Your Preschool Child Know:*

1. His full name, address, telephone number, and age.
2. His mother's and father's names.
3. The safest way to and from school.
4. How to go on errands around the house and immediate neighborhood.
5. How to play contentedly by himself at times.
6. How to play with other children without quarreling and fighting.
7. How to obey orders and follow simple directions, such as skip, walk, hop, run.
8. How to care for his own personal belongings.
9. How to put on, take off, and hang up his wraps.
10. How to use good manners.
11. How to be observant and recognize beauty and color in the things around him.
12. How to use crayons and scissors, and to hold a pencil.



Take your child to the zoo, the parks, the movies, on picnics, to a farm, to the fire station, the post office, the airport, the railroad station. Let him talk to the mail man, policeman, grocery clerk, milk man. Let him get experiences with means of transportation — buses, trains, boats, airplanes. Let him play with construction toys. Let him go places and do things.

*Make the First Day of School  
a Happy Experience for Your Child by:*

1. Seeing to it that the child is present and on time.
2. If possible, having him visit the school and meet the teacher before school opens.
3. Delaying school visitations until your child is happily adjusted.

**ACKNOWLEDGEMENTS**

The following leaflets have been a valuable source of information in the preparation of this guide:

SCHOOL IS FUN — North Carolina Congress of Parents and Teachers.

HELPING YOUR CHILD — St. Louis, Mo. Public Schools.

PREPARING YOUR CHILD FOR SCHOOL, pamphlet No. 108.

Federal Security Agency, Office of Education.

Mrs. Chas. R. Storey, Preschool Service Chairman, Mississippi Congress of Parents and Teachers.