

Parent's Guide to Preschool

Part 4: Tools for Building Resilience

An easy-to-use resource to prep parents and young learners for a new school year



- The Importance of Sleep
- Supporting Your Child's Independence Through Routines
- Healthy Screen Time Habits



The Importance of Sleep

Take Steps Towards Successful Shuteye

Is bedtime a power struggle for you and your child? Bedtime doesn't have to equal "dreaded time" in your home! Many of the tips in this guide can help ensure peaceful sleep: monitor screen time, avoid overscheduling activities, and keep a regular routine. Set a realistic daily schedule that your family can consistently follow to make sleep a priority—your child will find comfort and security in the predictability of the day!

Those predictable days will ideally lead to a smooth bedtime. Night routines can include books, teeth brushing, bathing, and bedtime. The first few days of your new chosen routine may have some speed bumps in the form of complaining or sloth-like behavior, but persevere! Your diligence will pay off on more hectic days when your child surprisingly reminds you about what comes next in the nightly routine.

The research is clear: children learn more and are healthier when they get enough sleep. While there are no hard-and-fast rules for bedtime, you can use this chart as a guide to help you set a bedtime you can consistently maintain.

What Time Should Your Kids Go To Bed							
Wake Up Time	Age 5	Age 6	Age 7	Age 8	Age 9	Age 10	Age 11
Bed Time							
6:00 AM	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:45PM	8:00 PM	8:15 PM
6:15 AM	7:00 PM	7:15 PM	7:15 PM	7:45PM	8:00 PM	8:15 PM	8:30 PM
6:30 AM	7:15 PM	7:30 PM	7:45PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM
6:45 AM	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM
7:00 AM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM
7:15 AM	7:45 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM
7:30 AM	8:00PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM















Supporting Your Child's Independence

You can support your preschooler's independence by encouraging them to use practical skills and routines! From picking up their toys, to helping with clean-up after dinner, children thrive when they have their own responsibilities. Print out this simple routine checklist and put it in a page protector or laminate it. Have your child color in the boxes with colorful whiteboard markers after they finish each routine. Erase and start with a clean slate each morning.

Simple Routines Checklist

Directions: Print out this simple routine checklist and put it in a page protector or laminate it. Have your child color in the boxes with colorful whiteboard markers (or make a check mark) after they finish each routine. Erase the information after your child goes to bed and start with a clean checklist each morning.

Morning	Afternoon	Evening
I can dress myself.  <input type="checkbox"/>	I can take off my shoes.  <input type="checkbox"/>	I can wash my hands.  <input type="checkbox"/>
I can eat breakfast.  <input type="checkbox"/>	I can rinse out my water bottle.  <input type="checkbox"/>	I can help set the table.  <input type="checkbox"/>
I can brush my teeth.  <input type="checkbox"/>	I can put my school things away.  <input type="checkbox"/>	I can help clean up the table.  <input type="checkbox"/>
I can get my things ready for school.  <input type="checkbox"/>		I can put my pajamas on.  <input type="checkbox"/>
		I can brush my teeth.  <input type="checkbox"/>





Healthy Screen Time Habits

Technology is everywhere and can be an engaging tool for learning, socializing, and fun. At the preschool age, your child should only spend a limited time on the screen. Setting screen time limits—and helping kids moderate their own habits—are all about finding the right balance for your family's needs and lifestyle.



Tips to Foster Healthy Screen Time Habits

- Make rules about screen use, including place (e.g., only in the living room and not in the dining room or bedroom) and time (e.g., 30 minutes a day on the weekends). Setting a timer is a great strategy for children.
- Be with your child and interact with them while they are on the screen. Talk about the game or app they are playing, and encourage them to tell you their thinking process. The same goes for TV shows or videos—talk to your child and have them describe what they watch.
- Research each app or game before you let your child use it. Many games claim to be educational but aren't actually age-appropriate or instructive. Read reviews and pay attention to what pediatricians, educators, and other parents say.
- Avoid screen time before bed. If your child avoids screens prior to bedtime, they are more likely to fall asleep easily.
- Schedule physical activity and outdoor play as much as possible for your child before they spend time on a screen. Think of screen time as the last thing on your child's to-do list. There are many more important and beneficial activities for your child to do, such as digging in the dirt, painting, dancing, or building a fort. Screen time can be a form of relaxing after exercise and a little is okay.