



*We make a difference in Enfield – every child, every day.*

**Enfield Public Schools**  
**1010 Enfield Street**  
**Enfield, CT 06082**  
*Telephone 860-253-6500*  
*Fax 860-253-6510*

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## DOCUMENTS REQUIRED AT TIME OF KINDERGARTEN REGISTRATION

If your child is currently enrolled in one of Enfield Public Schools Pre-Kindergarten Programs (Head Start, PK Steam Academy, or Integrated PK Program) and planning to attend Kindergarten in the Fall, you **DO NOT** need to complete a Registration form.

- **Birth Certificate**
- **Proof of Residency: Two** current dated documents required showing address:
  - Utility Bill (gas, electric, water)
  - Purchase or Lease Agreement
  - Rent receipt for latest month with landlord's name, address, and telephone number.
  - Current cable bill, home or cell phone bill, correspondence from insurance company with current address, correspondence related to government benefits with current address (SNAP etc.)
  - Copy of current Driver's License showing address will be accepted as a secondary form of proof of residency WITH one of the above listed documents.
- **Immunization Record** – Preferred at registration.
- **Health Assessment Record** – Preferred at registration BUT REQUIRED PRIOR to attending school/beginning classes
  - State of CT Health Assessment Record (Blue Physical Form)
- **Proof of Guardianship/Parental Custody** if divorced or separated.

To access the Enfield Public Schools on-line “New and Re-enrolling Student Registration” form go to [www.enfieldschools.org](http://www.enfieldschools.org). See next page for instructions. Please note that pre-registration is only part of the registration process, and your registration will *not* be complete until you provide the required documents listed above. You may submit these documents online, via email, snail mail, fax or hand deliver to the building secretary listed below.

**Enfield Street School**  
Sharon Finnie  
[sfinnie@enfieldschools.org](mailto:sfinnie@enfieldschools.org)  
860-253-6565

**Hazardville Memorial School**  
Deb Medrano  
[dmedrano@enfieldschools.org](mailto:dmedrano@enfieldschools.org)  
860-763-7501

**Henry Barnard School**  
Kara Converse  
[kconverse@enfieldschools.org](mailto:kconverse@enfieldschools.org)  
860-253-6541

## Instructions for Completing 2024-2025 Kindergarten Registration Application

1. Go to our website [www.enfieldschools.org](http://www.enfieldschools.org)

2. Click on Quick Links

New & Returning  
Student  
Registration

3. Click on the banner:



4. Create Account

Sign In

Create Account

Email Address

Password

With an account, you can...

- Complete forms online
- Save and return to forms in progress
- Print form history

Create Account

5. Enter the required information to continue.

**This account is meant to be created by an adult family member.** It is important to create only one account per household so that the system will be able to save and access your information correctly. **Don't Have an Email Address?** We suggest that you obtain a free email account online through Google or Yahoo.

6. Start a New Form at

New Student Pre-Registration 2024-2025

7. Follow steps, complete form, and when all fields are completed, click on "Submit" to process form.

8. If you do not finish, your form will be automatically saved and updated when you sign in again. You can also go back later to upload Required Documents.

**\*See required documentation for registration. If you are unable to register online, you can make an appointment at the Enfield Public Library to use a computer or call your child's school for assistance. School contact information is included in this packet.**



## **Primary School Contacts**

Your child's application is not complete until all required documents are submitted.

If you are unable to upload your documents to the website during registration, please contact your child's new school to arrange for delivery of your required documents.

You may call, email, fax or hand delivery.

Enfield Street School:

Sharon Finnie

[sfinnie@enfieldschools.org](mailto:sfinnie@enfieldschools.org)

860-253-6565

Hazardville Memorial School:

Deb Medrano

[dmedrano@enfieldschools.org](mailto:dmedrano@enfieldschools.org)

860-763-7501

Henry Barnard School

Kara Converse

860-253-6541

[kconverse@enfieldschools.org](mailto:kconverse@enfieldschools.org)



# STATE OF CONNECTICUT

DEPARTMENT OF PUBLIC HEALTH

## IMMUNIZATION REQUIREMENTS FOR ENROLLED STUDENTS IN CONNECTICUT SCHOOLS 2024-2025 SCHOOL YEAR



### PRESCHOOL

- Hepatitis B: 3 doses, last one on or after 24 weeks of age
- DTaP: 4 doses (by 18 months for programs with children 18 months of age)
- Polio: 3 doses (by 18 months for programs with children 18 months of age)
- MMR: 1 dose on or after 1<sup>st</sup> birthday
- Varicella: 1 dose on or after 1<sup>st</sup> birthday or verification of disease
- Hepatitis A: 2 doses given six calendar months apart, 1<sup>st</sup> dose on or after 1<sup>st</sup> birthday
- Hib: 1 dose on or after 1<sup>st</sup> birthday
- Pneumococcal: 1 dose on or after 1<sup>st</sup> birthday
- Influenza: 1 dose administered each year between August 1<sup>st</sup>-December 31<sup>st</sup> (2 doses separated by at least 28 days required for those receiving flu for the first time)

### KINDERGARTEN

- Hepatitis B: 3 doses, last dose on or after 24 weeks of age
- DTaP: At least 4 doses. The last dose must be given on or after 4<sup>th</sup> birthday
- Polio: At least 3 doses. The last dose must be given on or after 4<sup>th</sup> birthday
- MMR: 2 doses separated by at least 28 days, 1<sup>st</sup> dose on or after 1<sup>st</sup> birthday
- Varicella: 2 doses separated by at least 3 months-1<sup>st</sup> dose on or after 1<sup>st</sup> birthday; or verification of disease. 28 days between doses is acceptable if the doses have already been administered.
- Hepatitis A: 2 doses given six calendar months apart, 1<sup>st</sup> dose on or after 1<sup>st</sup> birthday
- Hib: 1 dose on or after 1<sup>st</sup> birthday for children less than 5 years old
- Pneumococcal: 1 dose on or after 1<sup>st</sup> birthday for children less than 5 years old

### GRADES 1-6

- Hepatitis B: 3 doses, last dose on or after 24 weeks of age
- DTaP/Td: At least 4 doses. The last dose must be given on or after 4<sup>th</sup> birthday. Students who start the series at age 7 or older only need a total of 3 doses.
- Polio: At least 3 doses. The last dose must be given on or after 4<sup>th</sup> birthday
- MMR: 2 doses separated by at least 28 days, 1<sup>st</sup> dose on or after 1<sup>st</sup> birthday
- Varicella: 2 doses separated by at least 3 months-1<sup>st</sup> dose on or after 1<sup>st</sup> birthday; or verification of disease. 28 days between doses is acceptable if the doses have already been administered.
- Hepatitis A: 2 doses given six calendar months apart, 1<sup>st</sup> dose on or after 1<sup>st</sup> birthday

### GRADE 7-12

- Hepatitis B: 3 doses, last dose on or after 24 weeks of age
- Tdap/Td: 1 dose for students who have completed their primary DTaP series. Students who start the series at age 7 or older only need 3 doses of tetanus-diphtheria containing vaccine, one of which must be Tdap
- Polio: At least 3 doses. The last dose must be given on or after 4<sup>th</sup> birthday
- MMR: 2 doses separated by at least 28 days, 1<sup>st</sup> dose on or after 1<sup>st</sup> birthday
- Varicella: 2 doses separated by at least 3 months-1<sup>st</sup> dose on or after 1<sup>st</sup> birthday; or verification of disease. 28 days between doses is acceptable if the doses have already been administered.
- Hepatitis A: 2 doses given six calendar months apart, 1<sup>st</sup> dose on or after 1<sup>st</sup> birthday
- Meningococcal: 1 dose

- DTaP vaccine is not administered on or after the 7<sup>th</sup> birthday.
- Tdap can be given in lieu of Td vaccine for children 7 years and older unless contraindicated.
- Hib is NOT required once a student turns 5 years of age.
- Pneumococcal conjugate is NOT required once a student turns 5 years of age.
- Influenza is NOT required once a student turns 5 years of age.
- HepA requirement for school year 2024–2025 applies to all Pre-K through 12<sup>th</sup> graders born 1/1/07 or later.
- HepB requirement for school year 2024–2025 applies to all students in grades K–12.  
Spacing intervals for a valid HepB series: at least 4 weeks between doses 1 and 2; 8 weeks between doses 2 and 3; at least 16 weeks between doses 1 and 3; dose 3 must be administered at 24 weeks of age or later.
- Second MMR for school year 2024–2025 applies to all students in grades K–12.
- Meningococcal conjugate requirement for school year 2024–25 applies to all students in grades 7–12.
- Tdap requirement for school year 2024–2025 applies to all students in grades 7–12.
- If two live virus vaccines (MMR, varicella, MMRV, intranasal influenza) are not administered on the same day, they must be separated by at least 28 days (there is no 4 day grace period for live virus vaccines). If they are not separated by at least 28 days, the vaccine administered second must be repeated.
- Lab confirmation of immunity is **only** acceptable for HepA, HepB, measles, mumps, rubella, and varicella.
- **VERIFICATION OF VARICELLA DISEASE:** confirmation in writing by a MD, PA, or APRN that the child has a previous history of disease, based on family or medical history.

For the full legal requirements for school entry visit: [Laws and Regulations \(ct.gov\)](#)

If you are unsure if a child is in compliance, please call the Immunization Program at (860) 509-7929.

#### **New Entrant Definition:**

\*New entrants are any students who are new to the school district, including **all** preschoolers and all students coming in from Connecticut private, parochial and charter schools located in the same or another community. **All preschoolers, as well as all students entering kindergarten**, including those repeating kindergarten, and those moving from any public or private pre-school program, even in the same school district, **are considered new entrants**. The one exception is students returning from private approved special education placements—they are not considered new entrants.

Vaccines supplied by the State of Connecticut are listed [here](#), along with brand names.

# Get to know **YOUR** Board of Education!

"We make a difference in Enfield-every child, every day"

## FAST FACTS

- The **Board of Education** is elected by **Enfield** residents
- There are 9 members who serve 2-year terms
- Meets every **2nd/4th Tues.** in the Town Council Chambers, 7 PM (2<sup>nd</sup> week only Jul/Aug/Dec)
- You can attend **BOE Meetings**



in-person  
[820 Enfield St]



via YouTube  
[Enfield Tv]



on Cable  
[Cox Ch.16]

## BOE Members 2023-25

Charlotte **Riley**, Chair

Peter **Jonaitis**, Vice Chair

Scott **Ryder**, Secretary

Jean **Acree**

Philip **Kober**

Dr. Gerald **Cainen**

Tina **LeBlanc**

Janet **Cushman**

Amanda **Pickett**

## WHERE DO I FIT IN?

Your family **matters**. Have a suggestion, concern, or something you want to present? BOE Meetings are the perfect place!

## HAVE AN INDIVIDUAL CONCERN?

Contact any BOE Member and they will happily point you in the right direction.



CONTACT INFO

Created in partnership:



# Welcome to Kindergarten 2024-2025

*...from Parents who've been there!*

What an exciting time for your child (*and family!*) as you prepare for Kindergarten!  
There are three Kindergarten to Grade 2 (K-2) schools in Enfield; **Henry Barnard, Enfield Street & Hazardville Memorial**. Each school has a PTO (Parent-Teacher Organization) - and we want you to know how to contact us with any questions that may come up. \* *We have all been there...so reach out anytime!*

\*ALL Enfield Public Schools PTOs share a website ([enfieldpto.com](https://enfieldpto.com))...a great resource for EPS families! You can find Principal's Newsletters, School-Activity Calendars, Bus Routes, Lunch Menus & more! [enfieldpto](https://enfieldpto.com) is also on Facebook ([facebook.com/enfieldpto](https://facebook.com/enfieldpto)), "X" (@[enfieldpto](https://twitter.com/enfieldpto)) and Instagram (@[enfieldpto](https://instagram.com/enfieldpto)).

**Henry Barnard School** - 27 Shaker Road, Enfield, CT 06082

The Henry Barnard PTO would like to welcome you to our "Big Cats" Community!

Email: [barnardcrandallpto@gmail.com](mailto:barnardcrandallpto@gmail.com)  
Facebook Group: "Barnard & Crandall PTO Families"  
EPTO Website: <https://enfieldpto.com/barnard>

**Enfield Street School** - 1318 Enfield Street, Enfield, CT 06082

"Welcome!" from the Enfield Street School PTO, home of the ESS Bees 🐝!

Feel free to contact us by email - [enfieldstreetpto@gmail.com](mailto:enfieldstreetpto@gmail.com)  
or on Facebook at "Enfield Street School PTO"  
EPTO Website: <https://enfieldpto.com/ess>

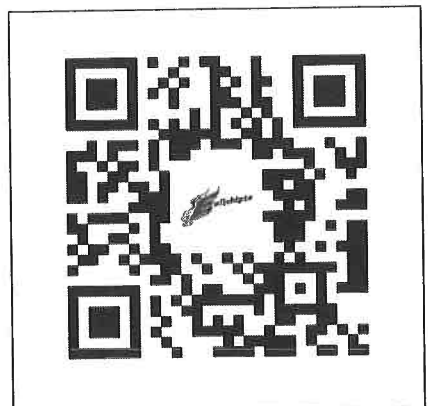
**Hazardville Memorial School** - 68 N. Maple Street, Enfield, CT 06082

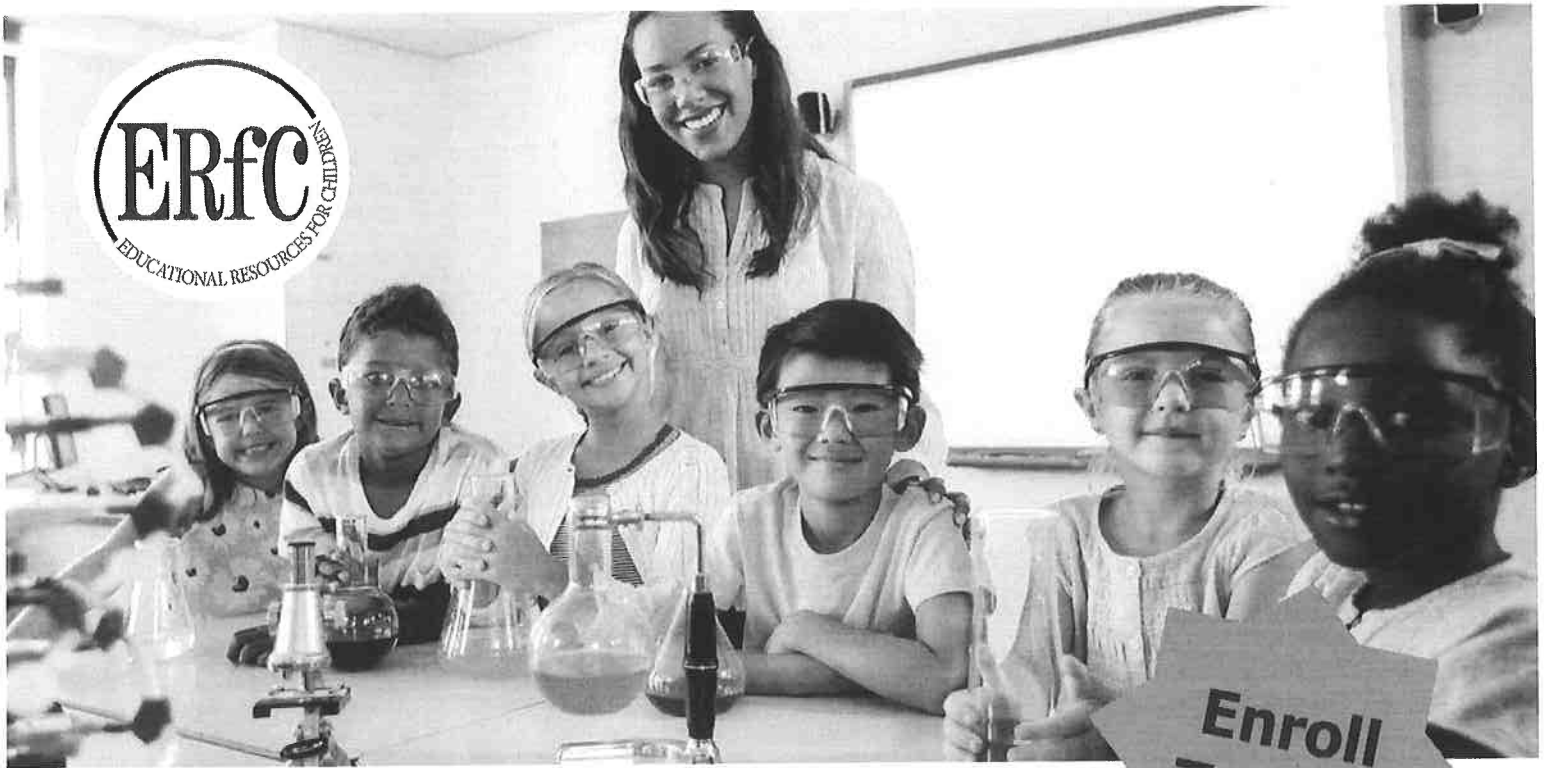
We welcome you to reach out to the "Hazardville Huskies" PTO with any questions!

Email: [HMSPTOCT@yahoo.com](mailto:HMSPTOCT@yahoo.com)  
Facebook Group: "Hazardville Memorial Families"  
EPTO Website: <https://enfieldpto.com/hms>

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Questions may also be sent to: [enfieldpto@gmail.com](mailto:enfieldpto@gmail.com)

Web: <https://enfieldpto.com>  
Facebook: @[enfieldpto](https://facebook.com/enfieldpto)  
X/Twitter: @[enfieldpto](https://twitter.com/enfieldpto)  
Instagram: @[enfieldpto](https://instagram.com/enfieldpto)





**Enroll  
Today!**

## **Before & After School Program**

***Register today for the 2024-2025 School Year!***

- Grades K-5
- Before Care: 7:00 AM to start of school
- After Care: end of school to 6:00 PM
- 3 day & 5 day options
- Homework assistance, light snack, STEM, enrichment & sports activities, arts & crafts, games and more!

We offer financial assistance & accept Care 4 Kids, including a subsidized rate for families who qualify for free/reduced school meals.

### **Locations:**

***Before School Program***  
is in all 6 Enfield elementary schools.

### ***After School Program***

Is in all 3 Enfield K-2  
Elementary Schools.  
Students in grades 3-5  
are bused from their school  
to the respective  
K-2 school after school.

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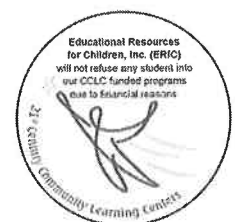
## **Space is limited!**

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For more information, please contact us at  
(860) 253-9935 or email [mychild@erfc.us](mailto:mychild@erfc.us)

**To register, visit [erfcinc.org](http://erfcinc.org)**

**Educational Resources for Children, Inc.**







## Enfield Public Schools 2024/2025 School Calendar

Website: [www.enfieldschools.org](http://www.enfieldschools.org)

<26, 27 & 28> Staff PL - NS *29* First Day of School	<b>AUGUST - 2 Days</b>	<b>SEPTEMBER - 20 Days</b>	{2} Labor Day - NS 25> PK-12 Early Rel. & Staff PL.																																																																																									
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Lunch will be served on all Early Release Days  
 Approved: March 12, 2024

First Day of School: August 29, 2024  
 181st Student Day: June 11, 2025  
 Firm Graduation Date: June 17, 2025



## ENFIELD PUBLIC SCHOOLS - SCHOOL HOURS - 2024-2025

Grade Level	Regular Hours	Two Hour Delay	Three Hour Delay	Early Release with Lunch	Emergency Closures Without Lunch and No Out of Town Bus
EPS Integrated Pre K - AM	8:20 - 10:55	Cancelled	Cancelled	8:20 - 10:55	Cancelled
EPS Integrated Pre K - PM	12:15 - 2:46	12:15 - 2:46	Cancelled	Cancelled	Cancelled
EPS PK STEAM Academy	8:20 - 2:46	10:20 - 2:46	Cancelled	8:20 - 12:30	Cancelled
Head Start -Part Day Program	8:00 - 11:30	Cancelled	Cancelled	8:00 - 11:30	Cancelled
Head Start - Extended Day	8:00 - 4:00	10:00 - 4:00	Cancelled	8:00 - 12:30	Cancelled
Head Start - Full Day Program	8:30 - 3:30	10:30 - 3:30	Cancelled	8:30 - 12:30	Cancelled
Primary (K-2)	8:55 - 3:21	10:55 - 3:21	11:55 - 3:21	8:55 - 1:50	8:55-11:50
Intermediate (3-5)	8:40 - 3:06	10:40 - 3:06	11:40 - 3:06	8:40 - 1:35	8:40 - 11:35
Middle School (6-8)	7:48 - 2:36	9:48 - 2:36	10:48 - 2:36	7:48 - 1:00	7:48 - 11:00
High School (9-12)	7:26 - 2:02	9:26 - 2:02	10:26 - 2:02	7:26 - 12:20	7:26 - 10:20
Eagle Academy	7:30 - 1:30	9:30 - 1:30	10:30 - 1:30	7:30 -12:00	7:30 - 10:30
Enfield Transitional Learning Academy	8:30 - 2:00	10:30 - 2:00	11:30 - 2:00	8:30 - 12:00	8:30 - 10:30

The last two days of school will be Early Release Days with lunch for Grades PK-8.

**Kindergarten ABC**  
Jacqueline Rogers J PAPERBK R

**I Got the School Spirit**  
Connie Schofield-Morrison E LT BLUE SCHOFIEL

**David Goes to School**  
David Shannon E LT BLUE  
SHANNON

**Miss Bindergarten Gets Ready for  
Kindergarten** (plus other titles in series)  
Joseph Slate J PAPERBK S

**Mouse's First Day of School**  
Lauren Thompson E LT BLUE THOMPSON

**Is Your Buffalo Ready for Kindergarten?**  
Audrey Vernick E LT BLUE VERNICK

**My Kindergarten**  
Rosemary Well E ORANGE WELLS

**The Pigeon Has to Go to School**  
Mo Willems E ORANGE WILLEMS

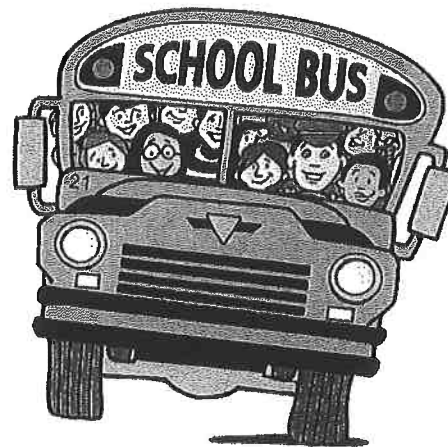
**The Day You Begin**  
Jacqueline Woodson E LT BLUE WOODSON

**The Night Before Kindergarten**  
Natasha Wing J PAPERBK W

**Mom, It's My First Day of Kindergarten!**  
Hyewon Yum E LT BLUE YUM

The Children's Librarian staff is happy to assist you in locating books that tie into the school curriculum. We can also help you to select age-level appropriate materials for pleasure reading. Please visit [www.enfieldkite.org](http://www.enfieldkite.org) for more resources on preparing for school. We wish you a safe and successful first school year!

# Starting School



## Library Resources for Preschool and Kindergarten Kids



104 Middle Road  
Enfield, CT 06082  
860-763-7510

[www.enfieldpubliclibrary.org](http://www.enfieldpubliclibrary.org)

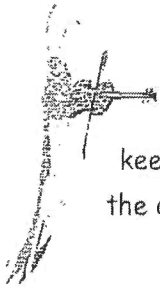
Updated: April 2023

## Books to Help Your Child Cope With Starting School



- |                                                              |                     |                                                               |                    |
|--------------------------------------------------------------|---------------------|---------------------------------------------------------------|--------------------|
| <b>The King of Kindergarten</b><br>Derrick Barnes            | E LT BLUE BARNES    | <b>It's My School</b><br>Sally Grindley                       | E LT BLUE GRINDLEY |
| <b>Becoming Vanessa</b><br>Vanessa Brantley-Newton           | E LT BLUE BRANTLEY  | <b>Miss Mingo and the First Day of School</b><br>Jamie Harper | E LT BLUE HARPER   |
| <b>Adventure Annie Goes to Kindergarten</b><br>Toni Buzzeo   | E LT BLUE BUZZEO    | <b>A Place Called Kindergarten</b><br>Jessica Harper          | E LT BLUE HARPER   |
| <b>Lena's Shoes are Nervous</b><br>Keith Calabrese           | E LT BLUE CALABRESE | <b>Ready, Set, Preschool!</b><br>Anna Jane Hays               | E LT BLUE HAYS     |
| <b>Henry's Show and Tell</b><br>Nancy Carlson                | E LT BLUE CARLSON   | <b>We Don't Eat Our Classmates</b><br>Ryan T. Higgins         | E ORANGE HIGGINS   |
| <b>I Am Too Absolutely Small for School</b><br>Lauren Child  | E LT BLUE CHILD     | <b>Arthur's Back to School Day</b><br>Lillian Hoban           | ER HOBAN           |
| <b>It's Time for Preschool!</b><br>Esme Raji Codell          | E LT BLUE CODELL    | <b>First Day Critter Jitters</b><br>Jory John                 | E ORANGE JOHN      |
| <b>Maisy Goes to Preschool</b><br>Lucy Cousins               | E ORANGE COUSINS    | <b>On the Way to Kindergarten</b><br>Virginia Kroll           | E LT BLUE KROLL    |
| <b>Little Ghou! Goes to School</b><br>Jeff Czekaj            | E LT BLUE CZEKAJ    | <b>Kindergarten Cat</b><br>J. Patrick Lewis                   | E LT BLUE LEWIS    |
| <b>First Day Jitters</b><br>Julie Danneberg                  | J PAPERBK D         | <b>The Best Thing About Kindergarten</b><br>Jennifer Lloyd    | E LT BLUE LLOYD    |
| <b>Kindergarten Rocks!</b><br>Katie Davis                    | E LT BLUE DAVIS     | <b>Lola Goes to School</b><br>Anna McQuinn                    | E LT BLUE MCQUINN  |
| <b>Llama Llama Misses Mama</b><br>Anne Dewdney               | E ORANGE DEWDNEY    | <b>Sumi's First Day of School Ever</b><br>Soyung Pak          | E LT BLUE PAK      |
| <b>The Day My Mom Came to Kindergarten</b><br>Maureen Fergus | E LT BLUE FERGUS    | <b>All Are Welcome</b><br>Alexandra Penfold                   | E LT BLUE PENFOLD  |
| <b>Planet Kindergarten</b><br>Sue Ganz-Schmitt               | E LT BLUE GANZSCHM  | <b>On the First Day of Kindergarten</b><br>Tish Rabe          | E LT BLUE RABE     |
|                                                              |                     | <b>Welcome to Kindergarten</b><br>Anne F. Rockwell            | J PAPERBK R        |
|                                                              |                     | <b>School's First Day of School</b><br>Adam Rex               | E LT BLUE REX      |

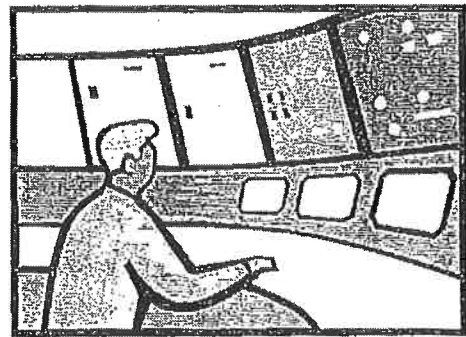
## Executive Function and Self-Regulation



A kindergarten teacher once said that "teaching 5-year olds is like trying to keep crickets in a basket: when you open the lid to put in a few more crickets, the others jump out."

Having self-regulation skills is "like having an air traffic control system at a busy airport to manage the arrivals and departures of dozens of planes on the runways."

(Center on the Developing Child; Harvard University)



Self regulation skills are the biological foundation for school readiness.

- Ability to stay on task
- Ignore distractions
- Remember on purpose (working memory)
- Focus, hold and work with information in the mind
- Hold two strategies in mind at the same time
- Develop self discipline
- Pay attention
- Follow multiple step directions
- Be motivated to achieve



Research shows that children's self-regulation behaviors in the early years predict their school achievement in reading and mathematics better than their IQ scores. (Blair 2002; Blair and Razza 2007)



How can parents help teach self-regulation and executive function skills?

- Ensure that there are long periods of time during the day when the television and other electronic devices are off and children can engage in creative and intentional play.
- Encourage children to play with toys that require imagination such as wooden blocks or old dress up clothes.
- Have children pretend play based on a theme. For example, they can pretend to go shopping at a grocery store, have a birthday party for stuffed animals or run a bicycle repair shop. Play themes can also come from books that you read to them. Children can pretend to be Peter Rabbit or Goldilocks or they can be an astronaut or superhero.
- During playgroups, have children engage in extended play without adult direction so that they can practice setting and following rules as well as negotiation and problem solving skills.
- Give children explicit feedback about their skills/actions. For example, instead of telling a child that you are disappointed in her or that she has made a poor choice, ask her questions ("Can you think of another way to do that?") that help her learn and practice different strategies.
- Play games that help children practice self-control.
  - Red light, Green light. Play the classic game with green indicating movement and red indicating that children must freeze in place. *After children have adjusted to these rules, reverse them so that "Red light!" is the cue to move forward and "Green light!" is the cue to stop.*
  - The Freeze Game. Children dance when the music plays and freeze when it stops or they can dance quickly for a fast-tempo song and slowly for slow-tempo songs. *Again, after children have adjusted to these rules, reverse the cues.*
  - Conducting an orchestra. Have children play musical instruments (such as maracas, tambourines or xylophone) whenever an adult waves her baton, increasing their tempo when the baton moves quickly and reducing their tempo when the baton slows down. *Then have them apply the opposite rules (e.g. play faster when the baton slows down.).*
- Encourage children to practice planning by thinking out loud with them. For example, if you have given your child a multi-step direction, have them talk through with you how they are going to remember all of the steps and how they are going to accomplish each one.

## Tips for Supporting Your Child's Development of Self-Regulation

By Kristin Reinsberg, MS, LMFT

How do you respond to your children's needs, impulses and behaviors? Your responses can help set a strong foundation for how your children will manage and respond to their own feelings, impulses, and needs—both now and in the future. What follows are some basic ideas that may help you support your child's development of self-regulation:

- **Provide Consistent, responsive care-giving.** Consistent routines and predictable, responsive care can help your child to experience the world as a safe, secure environment. Children learn that their feelings of discomfort and distress *do* eventually pass as warm and loving caregivers respond to their needs. Creating consistent structure in your child's external environment will help your child, over time, to develop an internal sense of "structure" or self-regulation.
- **Use language to help your child identify and express feelings.** Identify and label your child's strong emotions. This helps him to feel acknowledged and accepted. It can have a calming effect for many children. Labeling children's feelings helps them to begin to develop a way of talking about their strong emotions as they develop language. Helping young children to convey their feelings and needs through words helps them to develop a sense of self-control. It helps them to learn an effective way to manage their own emotions. As children become more able to identify and label their own feelings, they also begin to identify and recognize feelings of others, developing empathy for those around them.
- **Provide choices for your child.** Allow your child to make choices that are appropriate to his age. This enables him to feel a sense of self-control and to feel that you trust him. Letting children choose what they want to eat for snacks, what they want to wear, or what they would like to play with promotes a feeling of self-confidence and efficacy. Choices also help children to manage their disappointment and frustration when things do not go their way.
- **Provide guidance on acceptable behaviors.** It is often easier for a young child to learn something *new* than stop something they are already doing. Provide ideas and assistance around acceptable behaviors. This can help children learn that there are

many acceptable ways they can express their feelings. It also helps lessen the number of times you find yourself saying, "*Don't do that*" throughout the day! For example, you can tell your child, "When you are angry, you can stomp your feet or jump up and down." This helps your child know how to manage strong feelings in healthy ways.

- **Engage in play that promotes self-regulation.** Play is a wonderful way to help your child develop feelings of self-control. "Simon Says," "Red Light, Green Light," and even a simple game of rolling a ball back and forth are all examples of games that teach your child about waiting and taking turns. Reading stories together provides an opportunity for your child to practice waiting and taking turns. You can also use the story to talk with your child about the feelings and behaviors of the characters in the book. Pretend play can also be a valuable way of supporting your child's expression of strong emotions in acceptable ways. Pretend play with peers can be a cooperative activity that helps children to negotiate their ideas, feelings, and impulses in a fun and healthy way.



## KINDERGARTEN READINESS CHECKLIST

Starting Kindergarten is an important step for your child. Because development rates vary so much between the ages of 4 and 7 years, the actual time of readiness for each child also varies. Readiness does not predict how smart, competent, or talented a child will be later; rather, it is a measure of a child's social maturity now.

Children ready for kindergarten must do more than learn academics. They must be able to interact with others, follow directions, and function reasonably well in a group. The readiness list below is intended as an overview of skills and qualities that parents can discuss with early educators, school staff, and health care providers when it is time to assess whether their child should begin kindergarten. It is a broad measure designed to help you be a better observer of your child's readiness skills.

### Social and Emotional Development

- Separates easily from parent/caregiver
- Can meet/play with different children of his/her own age
- Participates in group setting
- Can follow two-part directions
- Demonstrates self-control in work and play

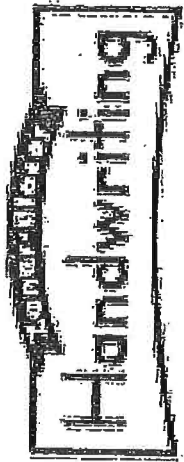
### Cognitive Development

- Can listen to a story
- Recognizes own name in print
- Communicates easily
- Identifies five shapes
- Identifies and names primary colors
- Can count 1-20
- Can identify numerals 1-12
- Identifies 20 letters of the alphabet
- Can sort and label objects into sub-groups
- Makes eye contact during conversations
- Pays attention to task through completion

### Physical Development

- Demonstrates toileting skills
- Buttons and zips
- Can use scissors
- Can use writing utensils
- Bounces and catches a ball

If your child has acquired most of the skills on this checklist and will be five years old by December 31, 2023, he or she is probably ready for kindergarten. If you have any concerns, please contact the Enfield Public Schools at (860)253-6500 or the school that your child will be attending.



# Manuscript Alphabet

Aa Bb Cc Dd Ee Ff Gg  
Hh Ii Jj Kk Ll Mm  
Nn Oo Pp Qq Rr Ss Tt  
Uu Vv Ww Xx Yy Zz  
1 2 3 4 5 6 7 8 9 10



# August




TIP

Exploring unfamiliar foods develops observation skills, curiosity and sensory awareness. And when your child sees different fruits and vegetables in the kitchen, she might want to try them!



TIP

Learning to identify and express emotion in a healthy way helps lay the foundation for future success and well-being. Talk about positive (and not-so-positive) ways of expressing emotions.



TIP

Practicing a skill like opening a lunch bag without help will help ease the transition to the busy school lunch time.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Have your child help set the table.		Together, look for things that begin with "p". Point out the letter "p" in print.		Put a note to your child on her pillow telling her how much you love her. Read it to her when she finds it.	Pretend it's the first day of school. Practice ways to say goodbye to each other.	
	Ask your child to say words that rhyme with "can."	Participate in a playground meet-up.	Explore an unfamiliar fruit or vegetable together and talk about its smell, feel, taste.		Ask your child to name letters found on cereal boxes, cans, etc.	Practice skipping, galloping, and marching with your child.
When preparing a snack, cut a fruit in half. Show your child that two halves make a whole.		Ask your child to count the spoons and forks in the silverware drawer.		Visit a local library.	Practice bouncing a ball with your child. Count the number of bounces.	Talk with your child about his feelings as the start of the school year nears.
Have your child practice opening and closing her lunch bag and food containers.			Add with your child. Say, "I have 1 cracker and you have 2 crackers. That makes 3 crackers."	Help your child begin to organize what he will need for the first day of school.		Take time to play with your child in her new school playground.
Read a book about going to school. Move your finger under the words as you say them.		Give your child simple tasks that involve sorting or matching (socks, toys, or buttons).			Have your child tell you about his favorite part of the day.	Play a card or board game that involves taking turns.