



## How can so much fun get my child ready for school?

**Our children watch carefully what we do.** Want them to exercise? Go play with them, go for a walk, or ride bikes together. It will let them know that this is a lifestyle choice, not just what kids have to do. Want them to eat healthy foods? Choose fruits, vegetables, whole grains and lots of water. Let them help you with the grocery shopping by making a list and letting them check it off as you put foods in your basket. Want them to sleep well? Establish a regular bedtime, and a routine that might include a bath or reading a book. Kids who are well rested and eat a healthy breakfast are ready to learn!

### Try these at home!

- **Jump rope.** Place a piece of old clothesline (rope) or a regular jump rope on the floor or ground. Tell your child to jump over the rope. Tie one end of the rope to a chair or table leg and allow your child to jump back and forth at varying levels until he is confident jumping. Choose a jump rope that is the proper length for your child and show her how to hold one end in each hand and swing the rope over her head and then jump. Practice will help your child develop competence at jumping the rope.
- **Eat a meal together.** Cook a meal with your children for your whole family to eat. Everyone can choose to make something they love to eat but only after agreeing that everyone will eat everything on the table, not just their own favorite. Nudge picky eaters to try something different and make family meals a happy time.
- **Sweet dreams.** Use a simple, regular bedtime routine. It should not last too long and should take place primarily in the room where the child will sleep. It may include a few simple, quiet activities, such as a light snack, bath, cuddling, saying goodnight, and a story or lullaby. The kinds of activities in the routine will depend on the child's age.



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# Be Healthy

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## Things to say:

- **“Wow, you’re sweating! That means your body is working hard.”** Encourage your child by giving her positive feedback on her physical fitness.
- **“Can you find a ripe tomato?”** Engage your children in the grocery store or market to help make good food choices for your family. Kids will more likely eat what they choose.
- **“It’s bedtime. What story do you want tonight?”**  
Children need routines and consistency, especially when it comes to getting a good night’s sleep. Books and rituals like reading help children get ready to sleep. Reading out loud to them is relaxing.

## Read All About It:

*Five Kids & A Monkey Solve the Great Cupcake Caper: A Learning Adventure About Nutrition and Exercise* (Five Kids & a Monkey, Series One), by Nina Riccio  
ChopChop magazine is online at [www.chopchopmag.com](http://www.chopchopmag.com)

*Goodnight Moon* by Margaret Wise Brown and Clement Hurd



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