

## Starting the Year off Strong: Learning About Your Child's Day

Talking with your child about their day builds strong communication skills and emotional awareness. Creating this habit early will help you lay the foundation for a smooth transition to school.



### ✦ Open Communication is Key

We encourage open and consistent communication between home and school. Your insights into your child's personality and experiences are invaluable.

Be aware of and utilize the school's communication methods, whether it's daily notes, communication apps, or scheduled parent-teacher conferences.

### ✦ Focus on Key Learning Moments

Understanding the general flow of your child's school day—from academic blocks to lunch, recess, and special subjects—can help you connect with their experiences.

Instead of asking "What did you do today?" try inquiring about specific activities, subjects, or interactions to spark more detailed conversations.

### ✦ Listen to Emotions and Observe

Ask about how your child felt during different parts of the day. This helps them process emotions and gives you insight into their social and emotional development.

Pay attention to what your child talks about spontaneously, or what they draw and play. These can be clues to what was significant in their day.

### ✦ Using Your Teacher as a Resource

Your child's teacher is an excellent resource for understanding their daily progress and any specific areas where they might need support or are excelling. Don't hesitate to reach out.

