THE 5Rs OF EARLY EDUCATION READINESS

The American Academy of Pediatrics suggests parents do these 5 things to help their children get ready for entering the world of school.

Read & write/draw together daily.

Rhyme (reading & language skills), play (all skills) & cuddle every day.

Keep routines (attention) devoted to meals, sleep, etc.

Reward with praise to build self-esteem & encourage positive behaviors.

Nurture relationships to build a strong foundation for emotional & social development.

~collected from Parenting for Brain.com~