

School Readiness Activities and Calendar

# KINDERGARTEN



# Here We Come!

*Self Help Inc.*

COORDINATED FAMILY &



COMMUNITY ENGAGEMENT

Building Blocks to Strengthen Families

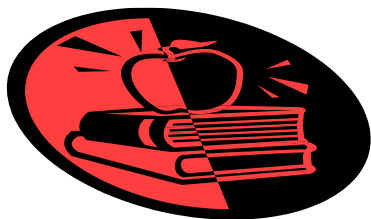


Created by Self Help, Inc.

Coordinated Family and Community  
Engagement

Funded by the MA Department of Early Education  
and Care's, *Coordinated Family and Community  
Engagement Grant.*





# WELCOME!

You have received this activity calendar because you have a child that will be entering kindergarten next fall.

The transition between preschool and kindergarten is a major step in a young child's life. It can also be an anxious time for some preschoolers and their parents. Most experts agree that in order for your child to have a successful kindergarten year they need to be prepared. Beginning this process early can make the transition easier. In order to help this transition we have created a calendar with activities for your use. This includes information on Phonemic Awareness, Math Concepts, Checklists, Helpful Tips, Book List, and many activities that will support you and your child's transition into kindergarten. We hope that you find this information useful and informative.

The Staff at Self Help, Inc., Coordinated Family and Community Engagement would like to wish you good luck with your kindergarten transition!



**Address:** 45 Pearl Street, Brockton, MA 02301

**Phone:** 508-559-1666 **Fax:** 508-583-3808

**Web Address:** [www.selfhelpcpc.org](http://www.selfhelpcpc.org) **Email:** [cpc@selfhelpinc.org](mailto:cpc@selfhelpinc.org)



Your child will be eligible to enter kindergarten if he/she turns 5 on or before the following dates.



Town	Entry Age
Abington:	5 as of August 31
Avon	5 as of August 31
Canton:	5 as of September 1
Dedham:	5 as of September 1
East Bridgewater:	5 as of August 31
Easton:	5 as of August 31
Foxboro:	5 as of August 31
Franklin:	5 as of August 31
Hanson:	5 as of August 31
Holbrook:	5 as of August 31
Mansfield:	5 as of September 1
Middleboro:	5 as of September 1

Town	Entry Age
North Attleboro:	5 as of August 31
Norfolk:	5 as of August 31
Norton:	5 as of August 31
Plainville:	5 as of August 31
Randolph:	5 as of August 31
Rockland:	5 as of August 31
Sharon:	5 as of August 31
Stoughton:	5 as of August 31
W. Bridgewater:	5 as of August 31
Whitman:	5 as of August 31
Wrentham:	5 as of August 31
If your town is not listed, you can visit MA Dept. of Elementary and Secondary Education website at: <a href="http://www.doe.mass.edu/ess/kindergarten.aspx">www.doe.mass.edu/ess/kindergarten.aspx</a> .	

Information taken in 2011 from [www.doe.mass.edu/ess/kindergarten.aspx](http://www.doe.mass.edu/ess/kindergarten.aspx). Please confirm entry age with your individual district. You may also check the kindergarten entry age for other towns not listed, at the website above.

# Activities to Prepare Your Children for Kindergarten

**Remember, you are your child's first and most important teacher!**

**You can help your child:** be curious, develop interests, build character, get along with others, and love words! You don't have to be an expert to help your child learn. Your time and a positive attitude are all it takes!

***Children are always learning and parents are always teaching!***

**Turn daily activities into teachable moments.**

A trip to the grocery store can teach lessons in: agriculture (talk about how foods are grown), transportation (talk about why we need roads), math (encourage your child to count the items as you shop), and nutrition (talk to your child about why we need to eat healthy food).

## ***Build Literacy Skills:***

Lights! Camera! Action! Make reading fun. Use different voices for characters. Make sound effects. Preschoolers can be a silly bunch. Have fun – and help your child learn at the same time! Use household items as props for the stories. Make reading part of your daily routine. Create a bookshelf and an area for your child to read. Place a comfortable pillow and/or blanket in the area to encourage reading. Let your child see you read (the sports page, cookbook, travel books). Read aloud frequently. For example, while making dinner, read the cooking instructions out loud! Go to the library often with your child. Get a library card for your child!

## ***Build Math Skills:***

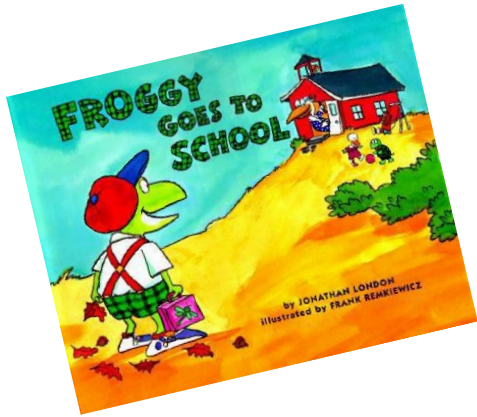
Teachable Moment: Bake or cook with your child. Let them use measuring cups and spoons to add the ingredients. Count out loud. Also, use math at meal times. Let your child help set the table. Together, count the number of plates, forks, spoons, and napkins you need. Go on a "counting" walk. Count windows, cars, houses, and trees! "Home Banking" - Gather a collection of coins, pennies, nickels, etc. Encourage your child to notice the differences in shapes and sizes. Explain the different values of coins, such as, 1 nickel equals 5 pennies. Try trading coins with your child. For example: I will give you ten pennies for one dime! Be sure your child washes their hands after "playing" and let them know NOT to put them in their mouth!

## ***Build Writing Skills:***

Teachable Moment: Play I Spy with your child. Look for different letters on signs. Ask your child to find a letter. Give clues to help your child. For example, say "I Spy the first letter of your name". Read alphabet books. Make a book using family photos. Use a small photo album and encourage your child to talk about the photo. Write a short sentence at the bottom of the page. You can use family outings or vacation trips to replay the event!

Adapted from: *At Home Activities to Help Your Preschooler Learn* – Channing Bete

## Getting Ready for Kindergarten Books



Countdown to Kindergarten by Alison McGhee

My Kindergarten by Rosemarie Wells

Tom Goes to Kindergarten by Margaret Wild and David Legge

Miss Bindergarten Gets Ready For Kindergarten by Joseph Slate

The Night Before Kindergarten by Natasha Wing

Look Out Kindergarten, Here I Come! by Nancy Carlson

When You Go To Kindergarten by James Howe

When Dinosaurs Go To School by Linda Martin

Tiptoe Into Kindergarten by Jacqueline Rogers

Kindergarten Kids by Ellen B. Senisi

Arthur Goes to School by Marc Brown

I'll Go To School If... by Bo Flood

School Bus by Donald Crews

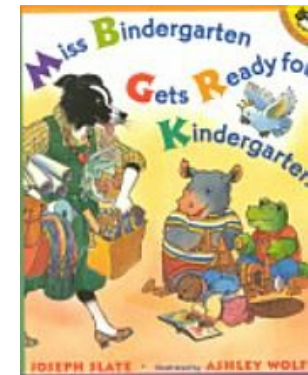
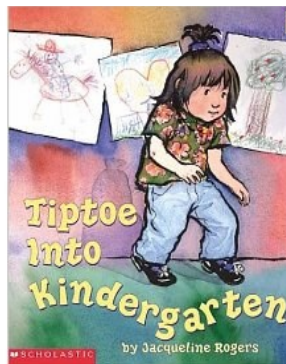
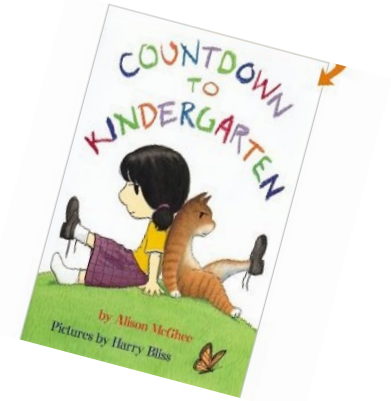
Froggy Goes To School by Jonathan London

Spot Goes To School by Eric Hill

Emily's First Day of School by Claire Masurel

Max and Ruby Play School based on the characters of Rosemary Wells

Ham and Pickles First Day of School by Nicole Rubel



# Transitioning Your Child To Kindergarten

## Kindergarten Open House, Registration and Screenings:

It is important that you call your town's public school department **8 months to a year in advance to find out the procedures of registering your child for kindergarten.** Each town has different registration dates and screenings that you will have to find out about. Most public schools also have an open house prior to the start of school. This is important to attend as your child will meet his/her teacher and some other children that will be in the class. Please visit our website at <http://selfhelpcpc.org/kentry.html> for links to public school websites.

## Visit Your Child's New School Together:

In addition to attending an open house, visit the school several times during the summer before Kindergarten starts and let your child play in the playground. Your child will become familiar with the school environment, and come September the school will not be a strange place.

## Talk About Transitions:

For example, “ We are going to the supermarket. After the supermarket we will stop at Grandma's house and then we will come home and have lunch.”



## Create Routines:

Have a set bedtime and wake up time, and stick to it. This helps children know what to expect and ensures they get enough rest.

## Read Books:

Read books about going to school, but also continue to read books with your child for pleasure. When reading, ask the questions, “Who?” “What?” “When?” and “Where?” to help your child with comprehension. Ask him to predict what happens next. Let him read a story to you. He can tell you what he sees in the illustrations. Visit your local library and get a library card if you do not already have one. ***Please find a list of local libraries on the last page of this calendar.***

### Attend Programs With Other Children:

Check into your local libraries for story-times or check out our Parent/Child activities that we offer throughout the year! You can get our updated calendar on our website: [www.selfhelpcpc.org](http://www.selfhelpcpc.org) or call our agency, Self Help, Inc. Coordinated Family and Community Engagement at (508) 559-1666 or email [cpc@selfhelpinc.org](mailto:cpc@selfhelpinc.org) for more information.



### Encourage Independence:

Nurture independence by allowing your child to make certain choices. Do you want to wear the purple shirt or the yellow one? Allow her to dress herself. If she is not already doing it, teach her how to open her own juice box or food containers. Children may bring their own lunch to school, and they will have to open their lunch on their own. Also, if your child will be wearing shoes that require laces, teach her how to tie her own shoes.

### Develop A Plan For The First Day Of Kindergarten:

When you visit your child's school ask the principal about guidelines for the first day of school. Will you be allowed to walk your child into the school? Some schools have strict policies and prefer parents say good-bye outside. You can prepare your child ahead of time so she will know what to expect. You can also pack a picture of your family or another special object to take with her. Find out if backpacks are allowed or what you need to have your child bring with them. Many schools ask that you bring an extra change of clothes to keep at the school. If you anticipate a difficult time for your child, when it comes to rest time or separating in the morning, feel free to discuss it with your child's teacher so together you can ease the transition for your child. Remember you know your child better than anyone else.

# RULES TO REINFORCE WITH YOUR CHILD

## At the Bus Stop:

- ◆ Always walk to the bus stop, never run.
- ◆ Walk on the sidewalk.
- ◆ Always go to the bus stop at least five minutes before the bus is scheduled to arrive.
- ◆ While at the bus stop, wait in a safe place away from the road. Do not run and play while waiting.
- ◆ Never speak to strangers at the bus stop and never get into a car with a stranger.
- ◆ Wait for the bus to arrive, watch for red flashing lights and the stop sign to be extended, and cross only when all traffic has stopped. Look left, right and left again before crossing.



## On the Bus:

- ◆ Go directly to a seat. Remain seated and facing forward for the entire ride.
- ◆ Talk quietly so the driver will not be distracted.
- ◆ If you need to talk to the bus driver: wait for the bus to stop, raise your hand, and call the driver's name.
- ◆ Never throw things on the bus or out the windows. Never stick your arm or head out the window.
- ◆ Keep the aisles clear at all times.
- ◆ If there is an emergency, listen to the driver and follow instructions.



## Exiting the Bus:

- ◆ When getting off the bus, make sure you walk (not run) three or more steps away from the door. This is the best place to be around a bus. Stay away from the bus wheels and watch out for moving cars!
- ◆ Once you get off the bus, go straight home so an adult will know where you are.
- ◆ Only get on and off the bus at your designated stop.
- ◆ If you leave something on the bus, never return to the bus to get it. The driver may not see you come back and they may begin moving the bus. Also, if you drop something near the bus, tell the driver before you attempt to pick it up, so they will know where you are.

# EGG CARTON SCHOOL BUS

## MATERIAL

- ♦ Lid (Top) of an Egg Carton
- ♦ Yellow Paint
- ♦ Black Construction Paper or 2 Lids from Milk Jugs (For Wheels)
- ♦ Black Marker

OPTIONAL: Small Cutouts of People from Magazines,  
coloring Books or Hand Drawn

## INSTRUCTIONS

1. Cut the lid off an egg carton
2. Paint (or color with marker) the lid yellow.
3. While paint is drying, cut 2 circles out of black construction paper.

**OPTIONAL:** Also while the paint is drying, have the children cut small images of people from magazines or coloring books or let them draw their own. Once the paint is dry, glue on the wheels.

**OPTIONAL:** Glue the images of people onto the bus. Write SCHOOL BUS along the bottom of the bus.

**YOUR BUS IS NOW COMPLETE!!**



### Children's Books

School Bus by Donald Crews

I'm Your Bus by Marilyn Singer

The Wheels on the School Bus by Mary-Alice Moore

## A Typical Day in Kindergarten (This is only a sample)

**Arrival Time** - First thing in the morning you will see an arrival time. During this time students may sign in, select their lunch, unpack, answer Today's Question, and then engage in a morning activity. Some examples of morning activities might be independent reading, journals, checking on science experiments, or math activities. During this time the teacher may be greeting students and families, answering questions, or taking attendance.

**Morning Meeting** – During this time students may be singing a welcoming morning song, reading and identifying important features in a morning message, discussing character education traits, and sharing important events in their lives.

**Calendar Time** – During calendar time, teachers are integrating areas of math, science, reading, writing, and social studies. Teachers may choose this time to discuss weather, days of the week, months of the year, patterning, odd and even numbers, money, place value, and temperature.

**Word Work** – This is a time for students to learn how letters and words work. Students will focus on specific concepts in areas such as early language skills, phonics, phonemic awareness, spelling patterns, and high frequency words.

**Literacy Centers** – While students move through centers, they have the chance to practice using skills and concepts that they have learned in other settings. They may move through centers such as listening, browsing box, writing, pocket chart, or ABC center.

**Guided Reading** – Guided Reading is the teacher's time to work with small groups of students on targeted, specific skills. During this time, students will be reading small books on their level, increasing their vocabulary, learning reading strategies, and participating in mini-lessons appropriate to their level.

**Interactive and Shared Writing** – In both these types of writing, students and the teacher create a message together. In interactive writing, the students and teacher "share the pen", while in shared writing the teacher serves as the scribe for the message. Both of these are times for teachers to help students learn about writing craft, conventions, and purpose.



**Writing Workshop** – During writing workshop, students take the lessons they learned during interactive and shared writing and apply them to their own work. They may be writing booklets, journal entries, stories, personal narratives, poetry, or non-fiction texts. Students will have the opportunity to revise and publish their work to share with the class.

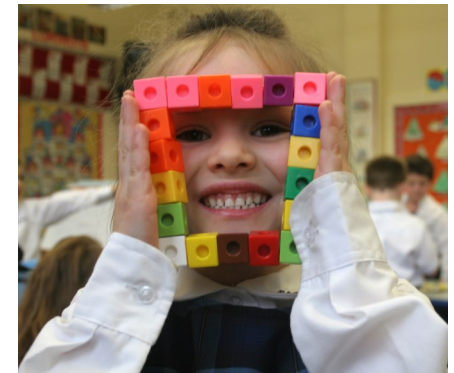
**Math Investigations** – Kindergarten math is built on the idea of students exploring and constructing their own mathematical knowledge. They will be using manipulatives such as pattern blocks, unifix cubes, geoboards, Judy clocks, pattern tiles, and geoshapes.

**Read Alouds** – In Kindergarten, you will see many read alouds throughout the day. These are key for building students' concepts about print, fluency, vocabulary, and love of reading. You may see fiction, non-fiction, and poetry all used as read alouds during different points of the day.

**Science** – Science is a time for discovery and exploration. Students will be learning about weather, animals, properties of everyday objects, tools, and measurement. Teachers will create hands-on experiments and activities that inspire students to build understanding through scientific inquiry.

**Social Studies** – Social Studies is often integrated into the other areas of the day. You may see students reading a book about citizenship or graphing favorite foods. The Kindergarten Social Studies Curriculum allows for opportunities to learn about communities, holidays, families, citizenship, and basic economics.

**Recess** – Recess is an important time for students to build gross motor skills. They will be exploring with their new peers in a stimulating playground environment. Some teachers encourage the use of balls, chalk, jump ropes, and other playground toys to continue this development. As weather permits, teachers will try to take their students outside as much as possible. Remember to dress your child in layered, comfortable play clothes.



**Lunch** – Lunch time is generally between 11 and 1 for most Kindergartners. The students will generally eat in the cafeteria with their teacher or teacher assistant. They will have the option of bringing their own lunch from home or eating the school's lunch.

**Specials or Enrichment** – Students will visit specials once a day. All students will attend Physical Education, Art, and Music. Most schools offer technology and media, as well. Some schools offer additional specials as well. Check with your school or teacher for a complete specials schedule.

## School Readiness Skills

This is a sample list to be used as a guide. Children develop at different rates and this list is intended to help you discover which skills your child may need to practice. The activities contained in this booklet are designed to help your child begin to explore these readiness skills.

### Number Readiness

- ☐ Recognizes basic colors and shapes
- ☐ Can sort items by color, shape and size
- ☐ Knows how old he/she is
- ☐ Counts from 1 to 10
- ☐ Recognizes numbers 1-5
- ☐ Understands that numbers mean quantity (I want 2 books)



### Reading/Writing Readiness

- ☐ Enjoys being read to
- ☐ Recognizes first name
- ☐ Knows that words are read and are not pictures
- ☐ Identifies some alphabet letters
- ☐ Recognizes common sight words like "stop"
- ☐ Knows some rhymes, poems and songs
- ☐ Identifies the beginning sounds of some words
- ☐ Talks about what happens during the day
- ☐ Holds a crayon and marker like a pencil
- ☐ Sees you reading and writing



### Music and Art

- ☐ Marches and moves to music
- ☐ Recites rhymes and sings songs
- ☐ Able to draw people with 10 body parts
- ☐ Can tell stories about pictures they draw



## School Readiness Skills

### Social Skills

- ☐ Plays with other children
- ☐ Follows simple one and two-step directions
- ☐ Dresses self
- ☐ Can spend extended periods away from parents
- ☐ Maintains self control
- ☐ Speaks clearly so an adult can understand
- ☐ Goes to the bathroom by him/herself
- ☐ Expresses feelings and needs
- ☐ Knows that adults have authority



### Fine Motor Skills

- ☐ Puts a 10-12 piece puzzle together
- ☐ Holds scissors correctly
- ☐ Holds a pencil or crayon properly
- ☐ Can zip, button and snap



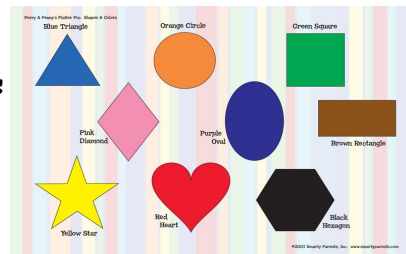
### Gross Motor Skills

- ☐ Runs, jumps and skips
- ☐ Walks backwards
- ☐ Walks up and down stairs
- ☐ Catches a big ball with two hands



### Colors and Shapes

- ☐ Knows basic colors such as red, blue, green, yellow, or orange.
- ☐ Knows basic shapes such as circle, square, triangle, rectangle.



### Health and Safety

- ☐ Knows full name and address
- ☐ Knows how to take care of his/her bathroom needs
- ☐ Washes and dries hands after using bathroom/before eating
- ☐ Follows simple safety rules such as don't throw toys
- ☐ Has set routines at home to brush teeth, go to bed, etc.



## School Readiness Worksheet– LETTERS:



Point to each letter while reciting the ABC's.



Have your child point as they say the ABC's.



Ask your child to point to certain letters.



Have your child find the letters in his name.



Have your child practice writing the letters by tracing them.



Find objects around the house that begin with certain letters.

### Capital Letters

A B C D E F G H I

J K L M N O P Q R

S T U V W X Y Z

## School Readiness Worksheet- LETTERS:



Have your child trace the letters with their fingers.



Ask your child to match the lower case letters with the capital letters.

### Lower case Letters

a b c d e f g h i  
j k l m n o p q r  
s t u v w x y z

## School Readiness Worksheet- NUMBERS:



Have your child trace the numbers with their fingers.



Point to a number and ask your child to count out that many crayons or other small objects .



Ask your child to point to their age.

1

2

3

4

5

6

7

8

9

10

## School Readiness Worksheet- Writing:

Practice writing letters, numbers.....your name....your address!

MY **FIRST** NAME IS: \_\_\_\_\_

\*\* make additional copies for even more practice

MY **Last** NAME IS: \_\_\_\_\_

Handwriting practice lines consisting of four sets of three horizontal lines (top solid, middle dashed, bottom solid).

## ACTIVITIES TO HELP PREPARE YOUR CHILD FOR KINDERGARTEN

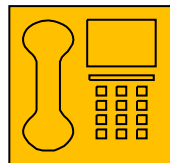
### Practice Writing His/Her First and Last Name

1. Have your child practice writing his/her name using a variety of tools such as a Magna Doodle, crayons, pencils and markers. Check that your child is gripping the writing utensil correctly.
2. Cut apart the letters of your child's name (or use magnetic letters) and have him/her put them back in the correct order saying the name of each letter while doing so.



### Practice Your Phone Number and Address

1. Have your child practice the phone number on a play telephone.
2. Make up a rhyme or a song to go along with your phone number or address and practice it regularly.



### Practice Writing and Counting

1. Read and enjoy counting books together.
2. Point out numbers on license plates, in the store parking lot, at home and all around.
3. Have your child practice writing numbers with different materials such as chalk, paint, or even pudding.
4. Have your child count his/her own snacks such as pretzels, goldfish, grapes, etc.



### Practice Coloring Within the Line and Cutting on the Line

1. Have your child cut out coupons.
2. Have your child cut out pictures from old magazines of things that he/she is interested in.
3. Have your child draw simple objects with some detail (including: self, family, house and pets).
4. Explore coloring with a variety of resources including markers, crayons, chalk and paint.

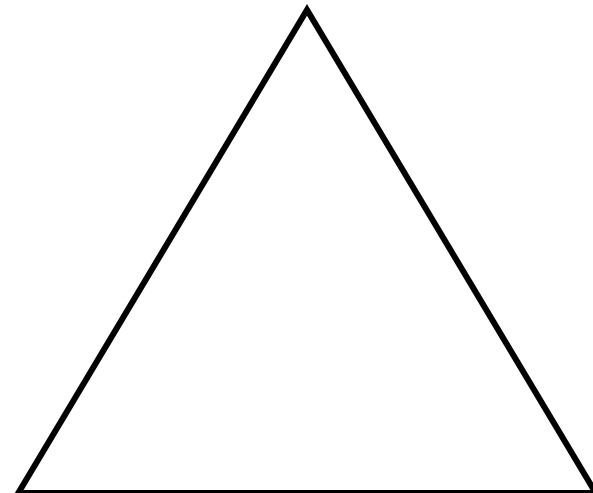
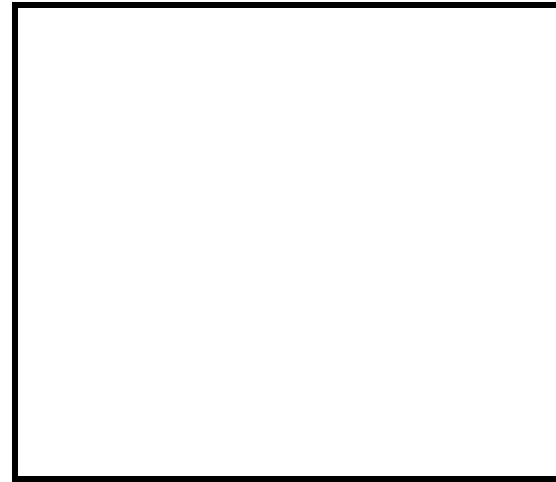
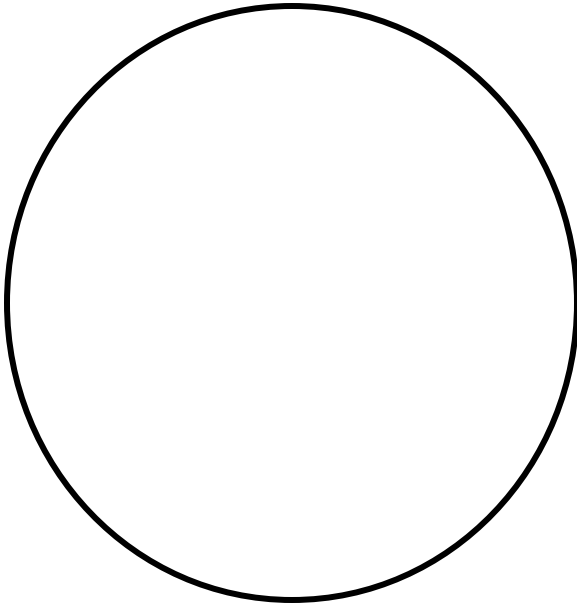
## School Readiness Worksheet- SHAPES:

● Have your child point to a shape and name it.

▲ Read and enjoy shape books together.

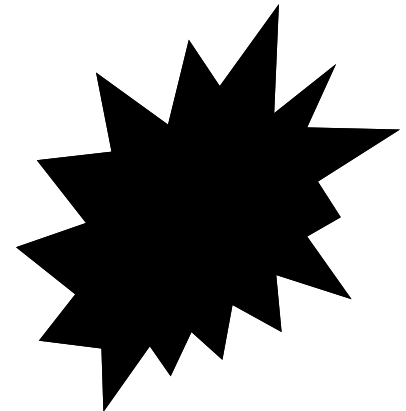
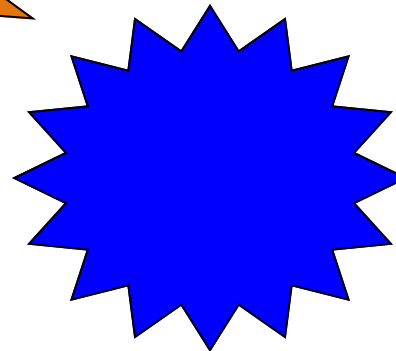
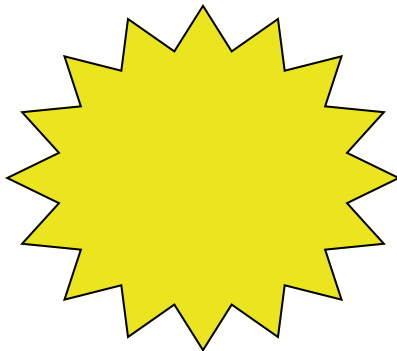
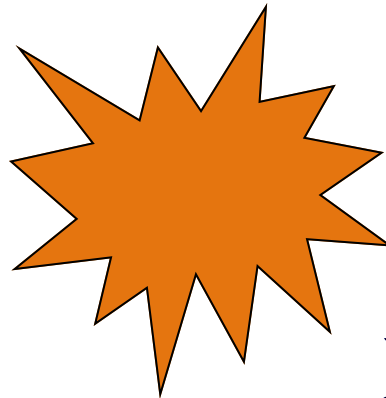
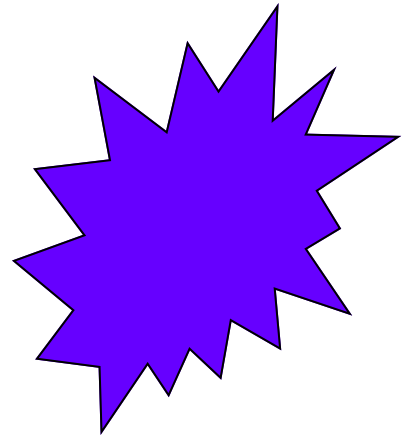
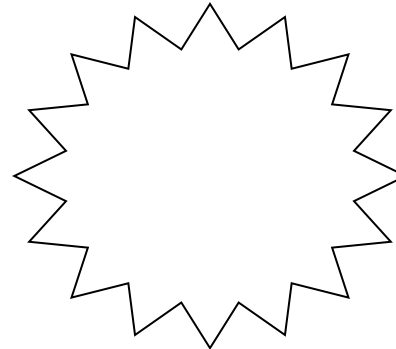
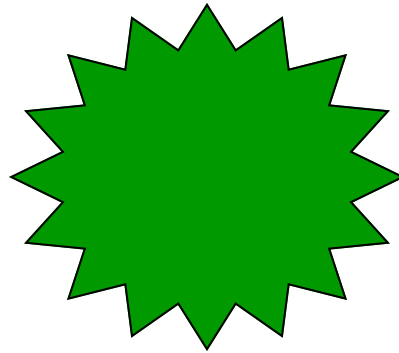
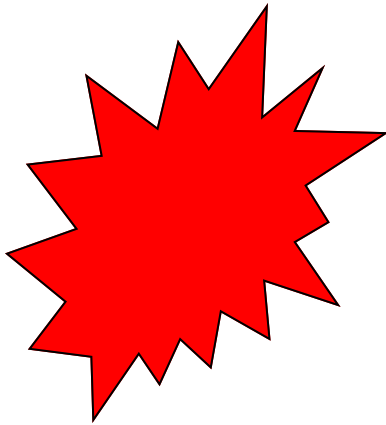
■ Point out objects in your house or environment that have the basic shapes such as doors, windows, clocks, can tops, kites, etc.

■ Have your child draw shapes and cut them out naming each shape while doing so.



## School Readiness Worksheet- COLORS:

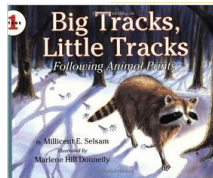
- Point to a color on this page and ask your child to name it.
- Have your child sort objects or food by colors such as clothes, blocks, M&M's, Fruit Loops, etc.
- When your child is coloring ask what colors were used.
- Discuss colors of things in the world around you such as the sky, the grass, cars, house, clothing, etc.



## ANIMAL TRACKS

*Look for animal tracks in your backyard. It is best to find them in the snow.*

*What do the tracks look like? Who might have made them? Do any look like the picture below?*



**Read the book Big Tracks, Little Tracks by Millicent E. Selsam**



# January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Get a bird feeder and feed the birds in your yard.			
		Talk about the letter J, then look for things that begin with the letter J.			Paint your child's hands with washable paints and let them make their own tracks on paper.	
			Write 1-10. Put the right number of M&M's on each number.			
		Help your child use words when angry.		Talk about the letter K, then look for things that begin with the letter K.		
	Bring a snowball inside and see how long it takes to melt.					

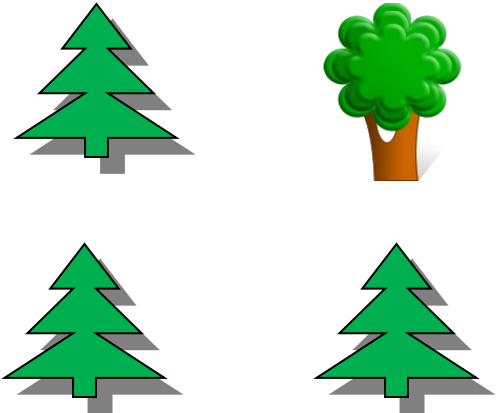
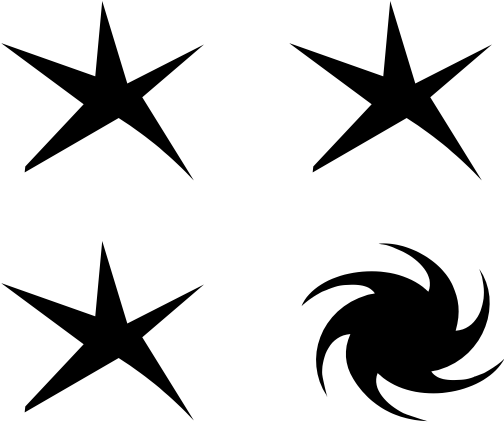
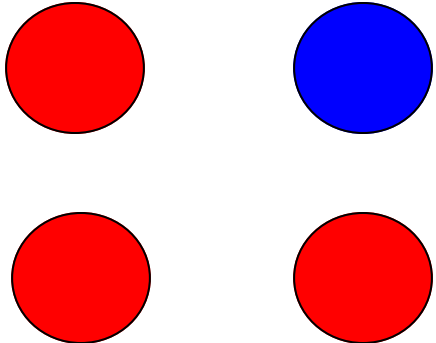
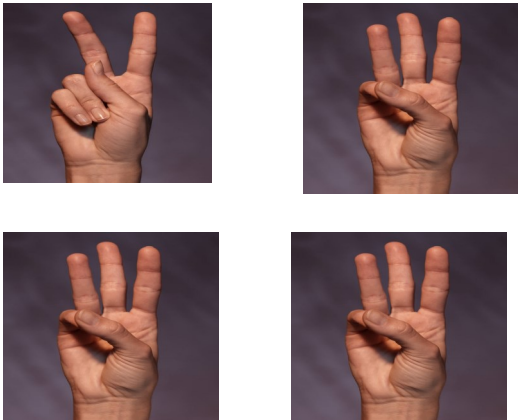

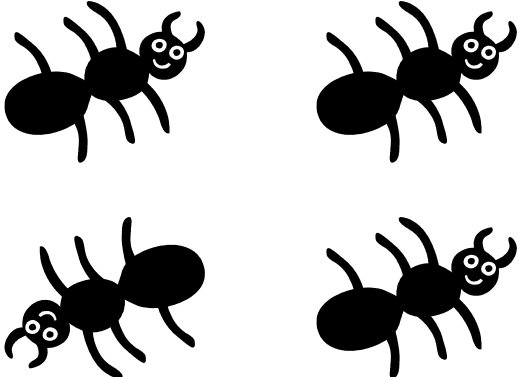
Check out the ongoing community based activities offered through Self Help CFCE by visiting our website:

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

## School Readiness Worksheet-SAME & DIFFERENT:

Ask your child which picture is different in each box

Provide a supply of different kinds of pasta shapes OR different colors/types of paper clips OR something else that is small and can be sorted. Glue ONE of each major "type" onto an index card or use wide clear packing tape to affix items to the card - you can see through it & its more permanent than glue. Have the child sort the items by matching them up to the "type cards." Make this harder by requiring the sorts to be "by size only" or "by size AND type" etc.

## Make Play-dough



**Combine in a bowl:**

**3 cups flour**

**1 1/2 cups salt**

**6 tsp. cream of tartar**

**6 TBS oil**

**3 cups water—**

**Food coloring optional**

**Mix together.**

**Cook over low heat until  
ball forms.**

**Cool**

**Knead**

**Store in Ziploc bag**



# February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Buy a box of candy hearts. Have your child sort them by color.		
	Talk about the letter L, then look for things that begin with the letter L.		Visit the post office with your child. Talk with them about how mail is delivered.		Make play-dough with your child using the recipe on the side panel.	
Have your child help print their name/draw a picture on their friends valentine's.				Name a color and try and find many different things that are that color, try another color....		
					Talk about the letter M, then look for things that begin with the letter M.	
Have your child draw a picture of your family.		Play Tic-Tac- Toe with your child.				

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# Kids Learn While Cooking!

What do kids learn while cooking? Cooking is something children enjoy just as much as eating the finished product. They love the whole process of adding ingredients together, creating something unique and seeing the finished product. Even most adults enjoy seeing something they created turn out as a masterpiece.

Kids might not even realize just how much they are learning because they are having so much fun. If you ever wonder what kids are learning when they are cooking perhaps you will be surprised at the amount of information your kids are taking in while they are cooking or baking with you.



## What Do Kids Learn While Cooking?

### Math Skills

- Counting
- Fractions
- Sorting
- Money
- Sequencing- what comes 1st, 2nd, 3rd
- Weighing
- Measuring
- Shapes
- Colors
- Problem solving-what happens if something goes wrong

### Geography Lessons

- Cultural recipes
- Where food grows

### Chemistry and Science Lessons

- Discovering food groups
- Making predictions
- Experimenting
- How food grows
- How food changes while cooking
- Five senses
- Sensory exploration-with hands on and feeling the ingredients while cooking

### Social Skills

- Responsibility
- Safety and Cleanliness
- Working together
- Sharing
- Building self esteem

### Fine Motor Skills

- Chopping, whisking, kneading, pouring, mixing, cutting, rolling

### Health Lessons

- How to eat healthy
- Good nutrition

### Reading Skills

- Improving their reading skills
- Vocabulary through new words

Read more: <http://www.kids-cooking-activities.com/kids-learn-while-cooking.html#ixzz1JE7PKXbt>

## SELF-WATERING GARDEN

With its smart use of recyclables, this self-watering garden is green in all senses of the word. Cut up a few bottles for your kitchen windowsill to help kids cultivate their gardening skills and perhaps try a few new flavors in the process.



### Materials

~Marker  
~Sturdy 1-liter plastic bottles with caps  
~Utility knife  
~Scissors  
~Label remover or vegetable oil  
~Potting soil  
~Herb seedlings (often found in supermarkets' produce sections)

### Instructions

For each planter, mark a line 5" from the bottle's base. Puncture the bottle at the mark (an adult's job), use scissors to cut all the way around the bottle at the mark. Remove the label, using the label remover or vegetable oil. With the cap in place, invert the bottle's top portion and insert it into the base. Fill it partway with soil. Transplant a seedling, adding soil and pressing it gently until the seedling is secured in the planter. Lift out the soil-filled top portion and remove the cap. Add about an inch of water to the planter's base, enough to cover the lip of the inverted bottle top when you replace it. Give the seedling some more water to help it get established, then place it in a sunny spot. Follow the care instructions that came with the herb, add water as needed to the planter's base. *Taken from Disney Family Fun*



# March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Talk about the letter N, then look for things that begin with the letter N.		
		Read Green Eggs and Ham by Dr. Seuss. Make green scrambled eggs by using food coloring!				
	Talk about the letter O, then look for things that begin with the letter O.		Read the book, That's What Leprechauns Do by Eve Bunting.			Make St. Patrick's Day a green day. Collect green objects, wear green clothes and eat green foods.
		Walk with your child and talk about fast and slow, big and little steps.				
	Make time at meals for your child to share something they did earlier that day.			Talk about the letter P, then look for things that begin with the letter P.		

Check out the ongoing community based activities offered through Self Help CFCE by visiting our website:

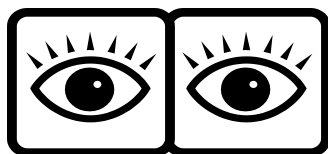
[www.selfhelpcpc.org](http://www.selfhelpcpc.org)

## School Readiness Worksheet-Parts of the Body:

- ♦ Have your child point to a body part on the page and name it and then point to their same body part.
- ♦ Sing the song “Head, Shoulders, Knees and Toes”. (below)
- ♦ Have your child draw a picture of themselves with some of the body parts on this page.
- ♦ Ask your child questions such as “What body part do we use to smell?” and “What body part do we use to taste?”



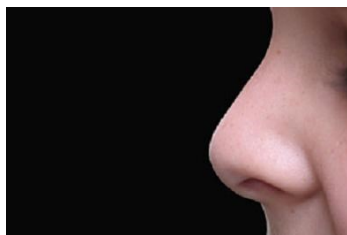
ear



eyes



mouth



nose



feet



hands

  
“Sing the song while  
pointing to the  
appropriate body parts”

### *Head, Shoulders, Knees and Toes*

Children's Song

Head and shoulders, knees and toes, knees and toes,  
Head and shoulders, knees and toes, knees and toes,  
Eyes and ears and mouth and nose,  
Head and shoulders, knees and toes, knees and toes.



### **Rainy Day FUN!**

Rainy days are a fact of life, but they don't need to stop you from exploring out-

doors. Some time after the one hundredth verse of "Rain, Rain, Go Away," you may decide that it's worth it to head outside in the rain.

Rainy days are only fun when you have the right clothing to keep you warm and dry. Make sure that you have a warm and weather-proof hat. Most of the heat in your body leaves through your head, so a cold head means cold fingers and toes. A rain jacket and proper boots are a must, with warm socks that cuddle your child's toes. Rain boots can be cold! Finally, remember the rain pants. Use them to cover the tops of the rain boots so water does not drip into the boots. Covering yourself with wet weather clothing will make your time outdoors much more pleasant.

Now that you're well dressed you're ready for outdoor adventure! Find a safe and quiet street with some deep and muddy puddles. Squish your boots in the mud, then splash away. To preschoolers who are about to dive in, be sure to mention puddle splashing etiquette – those around you may not want to be splashed, so be conscious of where they are when you jump!

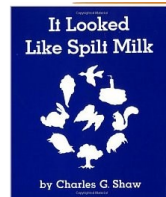
For more outdoor rainy day activities visit:

<http://www.livestrong.com/article/164559-fun-outdoor-activities-in-the-rain/>



# April

*April showers...  
bring May flowers!*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	While driving point out road signs such as a stop sign and traffic light and see if your child knows what they mean.				Make a shaker with your child. Put dried beans/rice in a cup and tape another cup around the rims on top of it. Let your child decorate it!	
		Talk about the letter Q, then look for things that begin with the letter Q.				
	Tell your child you love him/her everyday.				Rainy Day! Bring in your plastic wading pool and fill it with pillows and some favorite toys and	
	Make chocolate chip cookies with your child.		Talk about the letter R, then look for things that begin with the letter R.		Read the book, It Looked Like Spilt Milk by Charles G. Shaw. Look at the sky and clouds. Can you see animals or objects in the clouds?	

Check out the ongoing community based activities offered through Self Help CFCE by visiting our website:

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

## 10 Reasons Kids Need Fresh Air



1. **Stronger bones and lower cancer risk:** Today's "indoor kids" don't get enough sun and are becoming Vitamin D deficient, causing health risks.
2. **Trimmer and more healthy kids:** An hour of play a day is what doctors say is a basic tool in the effort to ward off childhood obesity and diabetes.
3. **Improved eyesight:** Recent studies find that kids who get outdoor time have less nearsightedness and need for eye glasses.
4. **Less depression and hyperactivity:** Outdoor time in natural settings soothes kids and lowers their need for medication.
5. **Longer attention spans:** Children who stare at TV and video games all day have less patience and shorter attention spans.
6. **Better at making friends:** Children playing together outdoors relate directly with one another, create games together and improve their "people" skills.
7. **More creative:** Outdoor kids are more likely to use their own imaginations, inventions, and creativity while playing.
8. **Less "acting out" at home and school:** Getting kids away from TV violence and video games help them see that violent behavior does not solve problems.
9. **Measurably better grades in school:** The healthy bodies and minds that come with outdoor play are better able to do well in school.
10. **A longer lifespan and healthier adult life:** Doctors estimate that sedentary and obese children lose three to five years from their life expectancy.

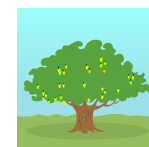
### Visit the Ocean

(or pretend to visit)



- What might you take with you? Make a list. A beach towel, umbrella, sun hat, sunscreen, beach ball, sand toys, etc.
- Pack a lunch. What will you need to bring? Sandwich, water, fruit, snacks.
- Ask your child what they can do at the beach? Swim, make a sandcastle, go for a walk, look for shells, etc.
- When you get home have your child draw a picture of their day at the beach and have them tell you about it.

### Backyard Tree Count



- Go on a walk outside with your child. Together, count how many trees there are in your backyard or nearby in your neighborhood. Look closely at them as you count. How many different kinds of trees can you find? Help your child record the number of trees you find.
- Leaf Rubbings: Collect a variety of leaves that you find on the ground. Cover the leaf with plain white paper. Hold the paper firmly. Take a crayon and remove the paper around it. Hold the crayon horizontally over the paper and rub over the leaf gently so that its pattern appears on the page.



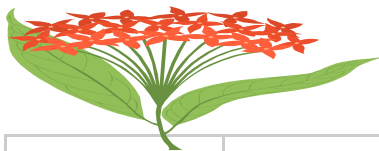


Check into your local libraries for story-times and check out our Parent/Child activities that we offer each month! ***Please find a list of local libraries on the last page of this calendar.***

Our activities calendar is available at  
[www.selfhelpcpc.org](http://www.selfhelpcpc.org)

OR  
call our agency....

Self Help, Inc. CFCE at  
**(508) 559-1666**  
OR email:  
[cpc@selfhelpinc.org](mailto:cpc@selfhelpinc.org)



# May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Make a butterfly net and go catch some butterflies!			Go outside and look for birds, squirrels, and other animals.	
	Talk about community people such as the Police, Nurses, Mail Carrier, etc.			Talk about the letter S, then look for things that begin with the letter S.		
			Practice writing your child's name, using a capital and then lower case.			Visit a local farm stand and let your child pick their own fruit.
	Pick some wild flowers for a special person!			Get some sidewalk chalk and let your child draw on the ground!		
			Talk about the letter T, then look for things that begin with the letter T.			

Check out the ongoing community based activities offered through Self Help CFCE by visiting our website:  
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# Sink or Float?

Provide objects such as a cork, crayon, cotton ball, feather, small plastic toy boat, metal toy car, plastic Easter egg, paper, plastic straw, outdoor twigs, small bars of soap, a small balloon (blown up), and crumpled ball of aluminum foil, just to name a few. Talk about what the objects are made of.



Set up a large bowl filled with water. One-by-one, have your child pick an item and predict whether it will sink or float. Place the object on top of the water and observe what happens.

You can chart the findings. See below for example. Stress the fact that it's not the size of the object to determine whether it will sink or float, the importance is what the object is made of.

	
<u>Sink</u>	<u>Float</u>
carebear 🐻	duck 🦆
money 💰	toast 🍞
spoon 🥄	ring 💍
buttons 🔘	pan 🍳
	bowl 🍽️
	starfish 🌟
	pencil 🖊️

## Showcase Cinemas

Presents:



A fun and rewarding summer reading program developed to encourage young children

to read during the summer months. **BOOKWORM WEDNESDAYS** entitles kids to free admission to a select children's film when they present a book report at a participating Showcase Cinemas, Multiplex Cinemas or Cinema de Lux box office. Accompanying parents or guardians and children under six receive free admission and do not need to submit a book report.

Check it out at:

<https://www.showcasecinemas.com/programs/kids-and-families/bookwormwed>



# June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Count how many steps it takes to get from the driveway/sidewalk to the house.	
		Make "bugs on a log" snack with raisins, peanut butter and celery.		Have a routine for saying goodbye and hello.		
	Talk about the letter U, then look for things that begin with the letter U.		Play Simon Says and give your child two things to do.		Do a puzzle with your child.	
		Make a shopping list of healthy foods and have your child help shop for them.		Use a doll or stuffed animal to show how to blow a nose with tissue.		
	Have your child start cutting with scissors on blank pieces of paper.		Talk about the letter V, then look for things that begin with the letter V.		Go for a picnic with your child and let them help decide what to bring.	

Check out the ongoing community based activities offered through Self Help CFCE by visiting our website:

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



# Summer Book Bingo!

After reading these books with your child, have your child color the square or place a sticker over the square. Keep going until you fill the chart!

<p>READ BOOKS BY MO WILLEMS</p> <p>And then check out the website: <a href="http://www.pigeonpresents.com">www.pigeonpresents.com</a></p>	<p>Draw or paint a picture about a favorite book you have read</p>	<p>Read a book outside!</p>	<p>READ A POEM FROM A CHILDREN'S POETRY BOOK</p>	<p><b>Check out a book from the library</b></p>
<p><b>READ A COUNTING BOOK</b></p>	<p><b>READ A NON-FICTION BOOK</b></p>	<p>Share your favorite story with a friend or family member. Who are the characters? What do they do? What do they say?</p>	<p><b>Read books by Laura Numeroff</b></p>	<p>Read a Pete the Cat Book and then check out: <a href="http://www.petethecatbooks.com">www.petethecatbooks.com</a></p>
<p><b>Read or recite some nursery rhymes</b></p>	<p><b>READ A BOOK ABOUT ANIMALS!!</b></p>	<p>Read a book by Jan Brett and pick an activity from <a href="http://www.janbrett.com">www.janbrett.com</a></p>	<p>Read books by Eric Carle. Take a trip to the Eric Carle Museum in Amherst, MA <a href="http://www.carlemuseum.org">www.carlemuseum.org</a></p>	<p>MAKE YOUR OWN BOOK AT HOME AND READ IT TO A FAMILY MEMBER OR FRIEND</p>
<p>Read a children's magazine</p>	<p>Got to: <a href="http://www.storylineonline.net">www.storylineonline.net</a> and choose a book to listen to</p>	<p><b>READ A BOOK ABOUT SOMETHING YOU ARE INTERESTED IN</b></p>	<p>Read a Fairy Tale</p>	<p>READ A BOOK ABOUT THE BEACH OR OCEAN</p>



# July

Take a break from the HEAT and check out Monster Mini Golf . It is a fun place to take the entire family. Black lights and theatrical visual effects set the monster mood. None of the props jump out at you and the artwork is specific to the location. There are 2 Monster Mini Golf places in MA. In addition to 18 holes of mini golf there is a state of the art arcade with a glow in the dark air hockey table, and ticket redemption games like skee-ball.

**Massachusetts**  
**Locations:**  
**Seekonk**  
**Norwood**

There is NO cover charge or admission to get into the facility. They only charge at the desk for Mini Golf. 18 Holes of golf ranges from \$5.50, \$6.50 to \$7.50 per person. Prices are based on height. The \$7.50 "adult" price is based on the average 11yr old. Yes, this means that short people make out like bandits. Tiny monsters are free. All of the arcade and redemption games take quarters.

[www.monsterminigolf.com](http://www.monsterminigolf.com)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Make red, white & blue desserts with your child. Have them help measure.				Ride by your child's school often pointing to where his/her class is if possible.	
At the beach, have your child write their name in the sand with a stick.		Talk about the letter W, then look for things that begin with the letter W.		Make a hopscotch and write letters instead of numbers in it.		
		Blow bubbles and count them as they pop.			Have a special "Family Night". Let your child pick a special activity to do.	
Talk about the letter X, then look for things that begin with the letter X.			Practice your address and phone number with your child.			Talk to your child about bus safety.
	Visit your child's school playground and walk around the school grounds.					

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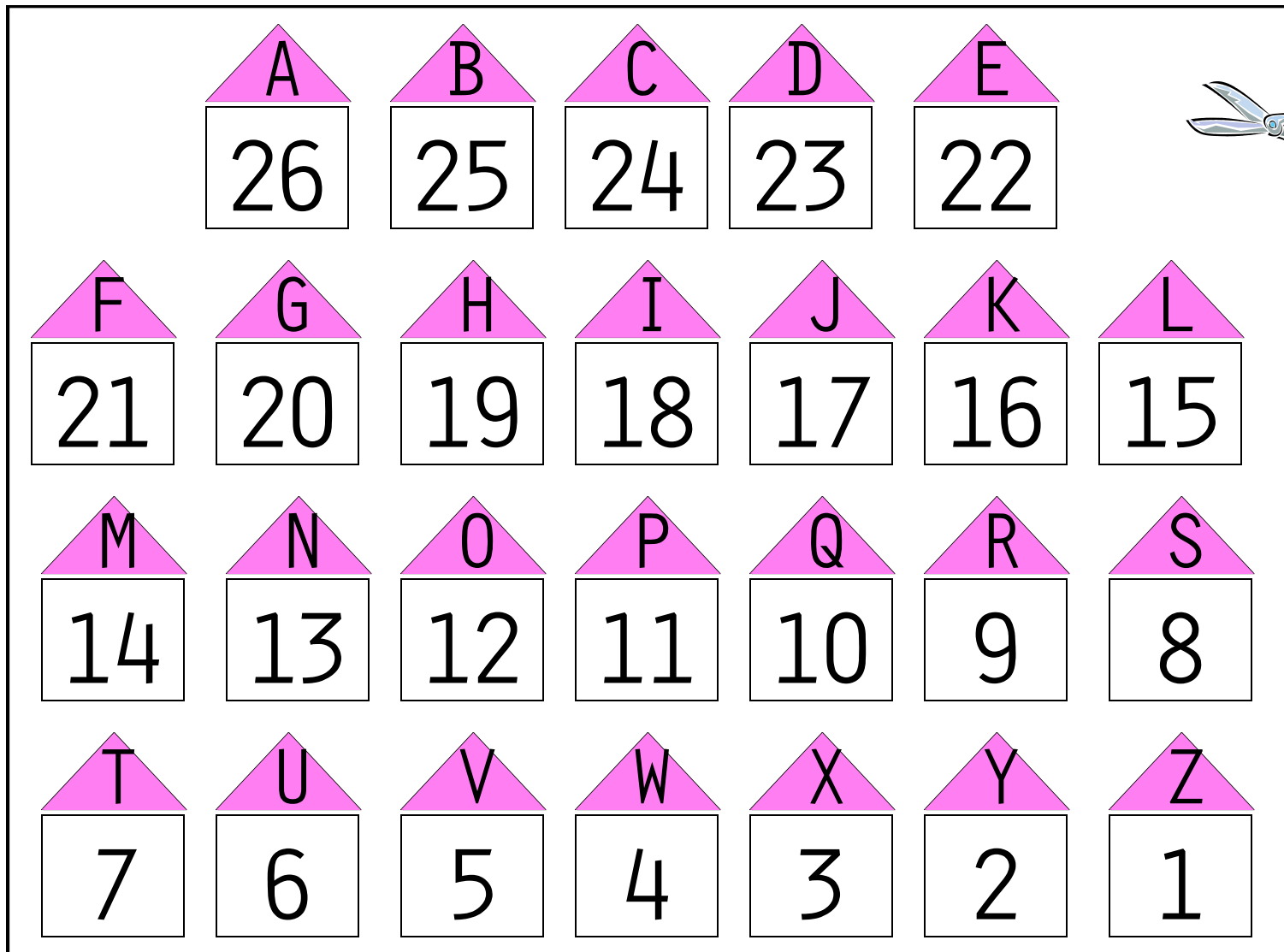
## COUNTDOWN TO KINDERGARTEN

Your child is going to be very excited and maybe a little apprehensive about starting Kindergarten. Making an advent calendar and count down the days till the first day of school. This can make the wait a little less stressful. Below is a great idea for a “Countdown to Kindergarten” Advent Calendar. Start your calendar 26 days before the first day of school.

The 26 days will represent the Alphabet.

### How to make the calendar

Cut out the whole block of numbers and letters and post the sheet on your fridge. On the 26th day before school, start counting down the days. Each day represents a letter in the alphabet. As each day passes, cross it off or put a sticker over it. On the 26th day, it's the letter A. You can ask your child to write out the letter A or, you can ask your child to point to objects that begin with the letter A or, You can sing the “Who Let the A's Out, A...A...A...(To the tune of Who Let the Dogs Out).



A 26	B 25	C 24	D 23	E 22		
F 21	G 20	H 19	I 18	J 17	K 16	L 15
M 14	N 13	O 12	P 11	Q 10	R 9	S 8
T 7	U 6	V 5	W 4	X 3	Y 2	Z 1

# Home Made Ice Cream

## Ingredients

1Tbs of sugar  
1/2 Cup of milk  
1/4 tsp of vanilla  
6 Tbs of salt  
Lots of Ice Cubes  
1 Quart sized Ziploc bag  
1 Gallon size Ziploc bag  
Cones (optional)



## Directions

Fill the large bag half full of ice. Add salt & seal bag. Pour milk, vanilla and sugar into the small bag, seal it. Place the small bag with the ingredients in it into the large bag with the ice/salt and seal. SHAKE UNTIL YOU GET AN ICE CREAM CONSISTENCY!!

YUM! YUM!



# August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Invite children over that will be going to the same school as your child.			
		Talk about the letter Y, then look for things that begin with the letter Y.			Start getting your child to bed earlier so they can get used to the new routine.	
			Act out a favorite nursery rhyme with your child.			
	Play rhyming games with your child. "I see something that sounds like the word "tree" ...."bee".			Talk about the letter Z, then look for things that begin with the letter Z.		
		Play a round of Mini Golf. Make your own score sheet. Let your child help you keep score.			Tell your child a story about when you were in school.	

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# Websites for Information, FUN and LEARNING!!



<http://www.ed.gov/pubs/CompactforReading/tablek.html>

In depth activities to do with your child to encourage literacy development.



<http://www.familyeducation.com/>

Educates parents on general kindergarten expectations. There are also forums with advice from other parents.



<https://kinderart.com/>

Include art activities for anyone who wants to enrich their children's artistic lives at home. Whether you have been teaching art for years, or you have no idea where to begin, KinderArt® can make you a STAR in the art room.



<http://www.seussville.com>

Includes interactive activities that are fun and educational for your child.



<http://www.school-readiness.org/>

Boston Children's Museum website for free School Readiness Resources, information and activities. (Please also visit <http://selfhelpcpc.org/k-readiness-activities/> where we have posted lots of Great Kindergarten Readiness Activity Sheets, made available from the Boston Children's Museum)



<http://resourcesforearlylearning.org/parents/>

Skill building activities and resources for all ages



<https://www.funbrain.com/>

Free educational games for kids in grades Pre-K through 8, Funbrain offers hundreds of games, books, comics, and videos that develop skills in math, reading, problem-solving and literacy.



<http://triad-research.du.edu/org/triad/tbb/index.asp?local=parent>

More information about the Building Blocks math curriculum. (Adobe Flash required)



<https://ncela.ed.gov/english-learner-tool-kit>

Practices for teaching bilingual children how to read.



<https://www.rif.org/literacy-central>

Reading is Fundamental literacy resources and activities to make reading fun!



<http://www.starfall.com/>

Starfall is a phonics based reading website appropriate for pre-school, kindergarten, first grade, second grade, special education, homeschool, and English language development (ELD, ELL, ESL)



<http://www.peepandthebigwideworld.com/en/>

STEM based learning games and activities (website also available in Spanish)



<https://wonderopolis.org/>

Wonderopolis® is a place where natural curiosity and imagination lead to exploration and discovery in learners of all ages. Each day, we pose an intriguing question—the Wonder of the Day®—and explore it in a variety of ways.



<https://www.scholastic.com/parents/home.html>

Scholastic has lots of free resources, book lists, activities and pintables to help your child make learning fun!



For the first day of school, dress your child in comfortable clothing. Have her wear elastic waistband pants (zippers, belts and buttons may be too much during the first couple of days.) This way if she waits until the last minute to use the restroom it will be easier. Also, if your child does not know how to tie his own shoes, have him wear Velcro or slip-on shoes. Once your child feels comfortable and he is used to the new routines you can let him dress how he chooses.

*Taken from the Boston Public Schools Countdown to Kindergarten*

**HAVE A GREAT FIRST DAY AND KINDERGRATEN YEAR!!**

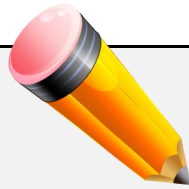


# September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						Talk about the letter A, then look for things that begin with the letter A.
Cut a piece of fruit in half. Show your child how 2 halves make a whole.		Play follow the leader. Have your child copy everything you do (hop, skip, jump). Then let your child lead.				
	Talk about the letter B, then look for things that begin with the letter B.			Play a card or board game that involves taking turns.		Praise your child when you see him or her sharing toys or helping others.
	When reading to your child, move your fingers under the words as you say them.			Make small pads of paper available to your child. They may want to take "Your Order".		
		Talk to your child as you do chores. Open ended questions can get most children talking.			Help your child practice writing their first name. Start w/a capital letter, then lower case.	

Check out the ongoing community based activities offered through Self Help CFCE by visiting our website:

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



# NOTES


## MASS 2-1-1 Information and Resource

Looking for a resource ???.....then call 2-1-1 or access their online directory!!



**Mass 2-1-1 online directory** is an information resource for emergency food, rent, help paying your heating and utility bills, mental health counseling, health programs, public health and safety services, child care referrals, job resources, and other help for individuals, parents and families. Don't have a computer at home? Did you know that your local library has computers available for public use? Please see our listing of local libraries on page 14!!

[www.mass211help.org](http://www.mass211help.org)



### Mass 2-1-1 Call Center & Information Referral Line:

- ◆ Is an easy to remember telephone number that connects callers to information about critical health and human services available in their community.
- ◆ Serves as a resource for finding government benefits and services, non-profit organizations, support groups, volunteer opportunities, donation programs, and other local resources.
- ◆ Is a confidential call.
- ◆ Maintains the integrity of the 9-1-1 system saving that vital community resource for life and death emergencies.
- ◆ Is available 24 hours a day, 7 days a week.
- ◆ Is an easy way to find or give help in your community.
- ◆ 2-1-1 responds immediately during times of crisis, to field calls regarding the crisis and to direct callers to services most appropriate for their needs.
- ◆ If you are unable to reach 2-1-1 due to your telephone or cell phone carrier, a toll-free number is available: 1-877-211-MASS (6277)

# Childcare Assistance

## How do I get help paying for childcare?

The MA Department of Early Education and Care (EEC) helps eligible families find and pay for early education and care and out-of-school time programs. Due to limited funding, eligible families may be placed on the EEC waiting list for financial assistance until funding is available. In order to be eligible for EEC Financial Assistance, all parents/guardians in your household must meet both an income and an activity requirement.



- **Income Requirement:** You may be eligible for EEC financial assistance if your family's gross (before taxes) annual income is at or below the amounts listed in the chart. To see if you may be eligible: Find the column at the top with your family size. Read the next row (50% SMI) to find the income eligibility amount for your family. You may be eligible at a slightly higher income level if certain circumstances are present in your family such as: child or parent with a documented disability or special need. If your family's gross annual income is at or below the income amount listed for your family size and type, you may be eligible for assistance. (income guidelines eff. 11/1/18). For the most up-to-date income eligibility, please visit: <https://www.mass.gov/guides/early-education-and-care-financial-assistance-for-families>

Family size	2	3	4
50% SMI (state median income)	\$3,225	\$3,984	\$4,742
Family size	5	6	7
50% SMI (state median income)	\$5,501	\$6,260	\$6,402

- **Activity Requirement:** If you meet the income requirement above, all parents/guardians in the household must also be participating in one of the following activities: Working, seeking employment, or enrolled in an education or training program (not including graduate, law, or medical school) for at least 20 hours per week for part-time care, and at least 30 hours per week for full-time care; Retired (if older than 65 years only); or You or your child has a diagnosed and documented disability or special need.

## How can I get on the EEC Wait List?

To be placed on the State's Centralized Waitlist, please contact Mass211 by calling 211 or toll free at 877-211-6277. You can also contact your local Child Care Resource & Referral Agency (CCR&R) to get on the list. You can search for the CCR&R for your town by visiting:

<http://www.eec.state.ma.us/ChildCareSearch/CCRR.aspx>



# PUBLIC LIBRARIES

Town	Public Library	Address	Phone	Website
<b>Abington</b>	Abington Public Library	600 Gliniewicz Way, Abington MA 02351	781-982-2139	<a href="http://www.abingtonpl.org/">http://www.abingtonpl.org/</a>
<b>Avon</b>	Avon Public Library	280 West Main Street, Avon, MA 02322	508-583-0378	<a href="http://www.avonpubliclibrary.org/">http://www.avonpubliclibrary.org/</a>
<b>Canton</b>	Canton Public Library	786 Washington St., Canton, MA	781-821-5027	<a href="http://library.canton.ma.us/">http://library.canton.ma.us/</a>
<b>Dedham</b>	Dedham Public Library	43 Church St., Dedham, MA 02026	781-751-9284	<a href="http://library.dedham-ma.gov/">http://library.dedham-ma.gov/</a>
		Endicott Branch: 257 Mount Vernon St., Dedham, MA 02026	781-751-9178	
<b>East Bridgewater</b>	E. Bridgewater Public Library	32 Union Street, E. Bridgewater, MA 02333	508-378-1616	<a href="http://www.eastbridgewaterlibrary.org/">http://www.eastbridgewaterlibrary.org/</a>
<b>Easton</b>	Ames Free Library	56 Main Street, N. Easton , MA 02048	508-238-2000	<a href="http://www.amesfreelibrary.org/">http://www.amesfreelibrary.org/</a>
<b>Foxboro</b>	Boyden Library	10 Bird Street, Foxboro, MA 02035	508-543-1246	<a href="http://boydenlibrary.org/">http://boydenlibrary.org/</a>
<b>Franklin</b>	Franklin Public Library	118 Main Street, Franklin, MA 02038	508-520-4940	<a href="http://franklinma.virtualltownhall.net/Pages/FranklinMA_Library/index">http://franklinma.virtualltownhall.net/Pages/FranklinMA_Library/index</a>
<b>Hanson</b>	Hanson Public Library	132 Maquan Street, Hanson, MA 02341	781-293-2151	<a href="http://hansonlibrary.org/">http://hansonlibrary.org/</a>
<b>Holbrook</b>	Holbrook Public Library	2 Plymouth Street, Holbrook, Massachusetts 02343	781-767-3644	<a href="http://www.holbrookpubliclibrary.org/">http://www.holbrookpubliclibrary.org/</a>
<b>Mansfield</b>	Mansfield Public Library	255 Hope Street, Mansfield, Massachusetts 02048	508-261-7380	<a href="http://www.mansfieldlibraryma.com/">http://www.mansfieldlibraryma.com/</a>
<b>Middleboro</b>	Middleboro Public Library	102 North Main Street, Middleboro, MA 02346	508-946-2470	<a href="http://www.midlib.org/">http://www.midlib.org/</a>
<b>Norfolk</b>	Norfolk Public Library	139 Main Street, Norfolk, MA 02056	508- 528-3380	<a href="http://library.virtualnorfolk.org/">http://library.virtualnorfolk.org/</a>
<b>North Attleboro</b>	Richards Memorial Library	118 North Washington Street, North Attleboro, MA 02760	508-699-0122	<a href="http://www.rmlonline.org/">http://www.rmlonline.org/</a>
<b>Norton</b>	Norton Public Library	68 East Main Street, Norton, MA 02766	508-285-0265	<a href="http://www.nortonlibrary.org/">http://www.nortonlibrary.org/</a>
<b>Plainville</b>	Plainville Public Library	198 South St., Plainville, Massachusetts 02762	508-695-1784	<a href="http://www.plainvillepubliclibrary.org/">http://www.plainvillepubliclibrary.org/</a>
<b>Randolph</b>	Turner Free Library	2 North Main Street, Randolph, MA 02368	781-961-0932	<a href="http://www.turnerfreelibrary.org/">http://www.turnerfreelibrary.org/</a>
<b>Rockland</b>	Rockland Memorial Library	20 Belmont Street, Rockland, MA 02370	781-878-1236	<a href="http://www.rocklandmemoriallibrary.org/">http://www.rocklandmemoriallibrary.org/</a>
<b>Sharon</b>	Sharon Public Library,	11 North Main Street, Sharon, MA 02067	781- 784-1578	<a href="http://www.sharonpubliclibrary.org/">http://www.sharonpubliclibrary.org/</a>
<b>Stoughton</b>	Stoughton Public Library	84 Park Street, Stoughton, MA 02072	781-344-2711	<a href="http://www.stoughton.org/">http://www.stoughton.org/</a>
<b>West Bridgewater</b>	West Bridgewater Public Library	80 Howard Street, West Bridgewater, MA 02379	508-894-1255	<a href="http://www.westbpl.org/">http://www.westbpl.org/</a>
<b>Whitman</b>	Whitman Public Library	100 Webster Street, Whitman, MA 02382	781-447-7613	<a href="http://www.whitmanpubliclibrary.org/">http://www.whitmanpubliclibrary.org/</a>
<b>Wrentham</b>	Fiske Public Library	110 Randall Rd., Wrentham, Ma 02093	508-384-5440	<a href="http://fiskelib.org/">http://fiskelib.org/</a>

School Information: Fill in the information and hang on your refrigerator for quick reference. This can also be used by a babysitter or others watching your child.

*Copy to use for additional children*

### Emergency/ School Information

Child's Full Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Our House Address: \_\_\_\_\_ Home Phone Number: \_\_\_\_\_

Name of School: \_\_\_\_\_

School Address: \_\_\_\_\_

Main School Phone Number: \_\_\_\_\_ Absent Hotline: \_\_\_\_\_

Teacher: \_\_\_\_\_ Classroom Number: \_\_\_\_\_

School Nurse: \_\_\_\_\_ Bus Driver: \_\_\_\_\_ Bus Number: \_\_\_\_\_

Bus Stop Location: \_\_\_\_\_

Allergies (food/medications): \_\_\_\_\_

Medical Condition/Medications: \_\_\_\_\_

Child's Doctor: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Parent Name: \_\_\_\_\_ cell phone: \_\_\_\_\_

Parent Name: \_\_\_\_\_ cell phone: \_\_\_\_\_



Poison Hotline: \_\_\_\_\_  **Fire:** \_\_\_\_\_  **Police:** \_\_\_\_\_

Emergency Contact (other than parents):

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_



FIND MORE LOCAL EVENTS AND ACTIVITIES AT  
THE BBIP WEBSITE BY CLICKING ON THE BRAIN  
BUILDING ZONES ICON.



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

# Self Help Inc.

## COORDINATED FAMILY &



## COMMUNITY ENGAGEMENT

*The Community Action Agency of Greater Brockton and Attleboro*

**Self Help Inc. CFCE**

**Address:** 45 Pearl Street, Brockton, MA 02301

**Phone:** 508-559-1666 x1810 **Fax:** 508-583-3808

**Web Address:** [www.selfhelpcpc.org](http://www.selfhelpcpc.org) **Email:** [cpc@selfhelpinc.org](mailto:cpc@selfhelpinc.org)

Make sure to check out our activities calendar at <http://selfhelpcpc.org/CALENDAR/>  
for FREE Kindergarten Readiness Playgroups (typically starting in Jan/Feb each year)



This calendar is available for FREE to all FAMILIES by downloading it from our website at:

<http://selfhelpcpc.org/our-programs/forms-and-downloads/>