



Get Off To a Good Start

Entering Kindergarten is a big step for any child. Ohio State University Extension offers these suggestions for helping your child get off to a good start this year.

Begin With Breakfast

Breakfast is probably the most important meal of the day for a young child. Studies have shown that students who start the day with a nutritious breakfast make better grades, concentrate better, and make fewer mistakes than non-breakfast eaters. Your school may offer a free or reduced breakfast program. Contact your school's office for information. Here are some nutritious breakfast ideas:

- Yogurt
- Milkshakes
- Cooked Cereal
- Bran or Fruit Muffins
- Peanut Butter Sandwiches
- Bagels with Cream Cheese

- Grilled Cheese Sandwiches
- Raisin Bread with Cream Cheese

End with a Routine

Establishing a regular evening routine helps children learn what is expected of them and makes bedtime easier.

Set aside some time each evening for reviewing your child's papers from school. Display papers proudly on your refrigerator or wall. Encourage your children to show you what they have learned.

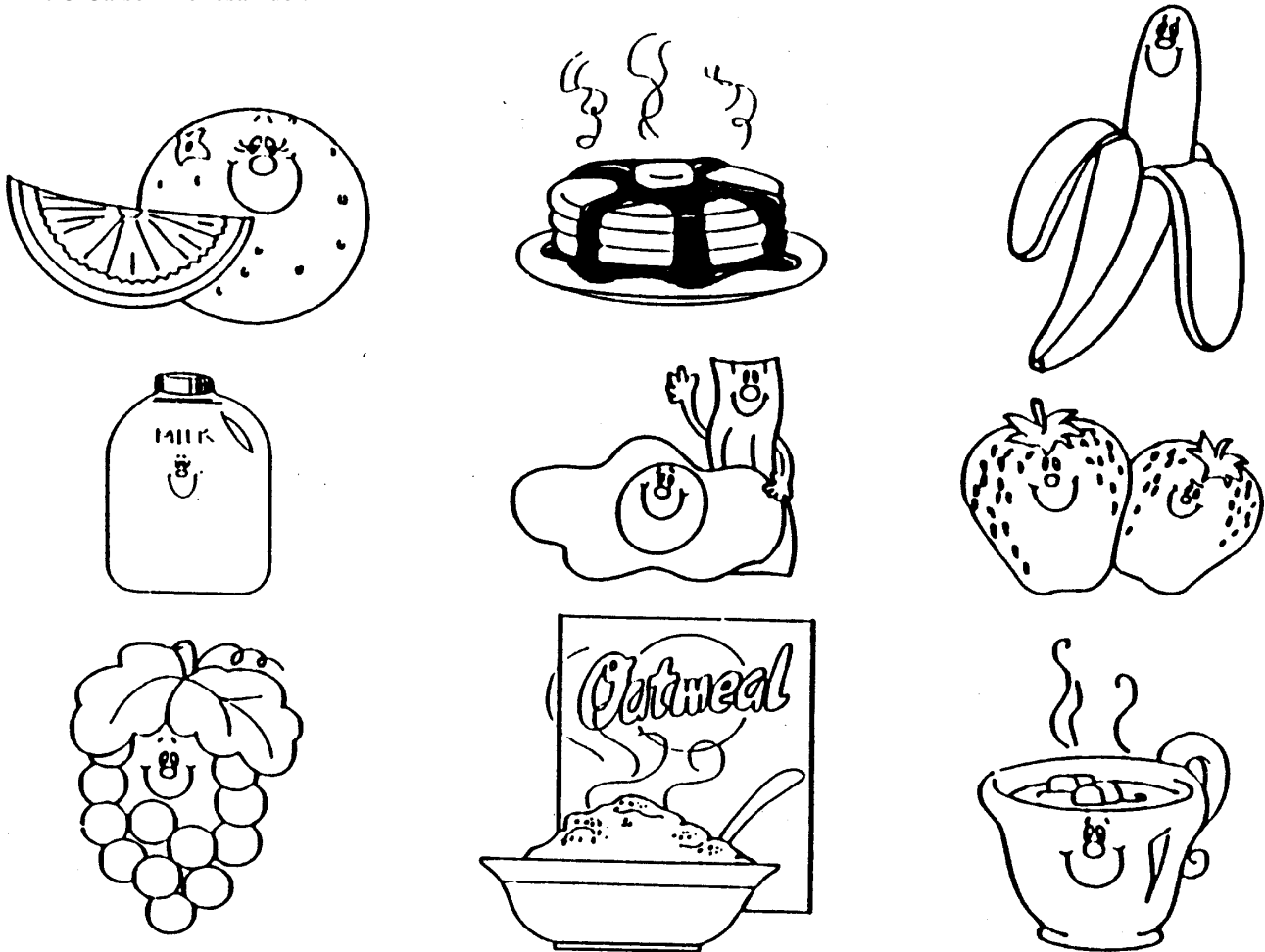
Set aside a specific amount of time for TV watching. If children know that TV time is always from 7:00 to 8:00 and bedtime follows, they are less likely to argue.

Once your child has been tucked in to his or her own bed for the night, spend a few minutes discussing events of the day or sharing a bedtime story. This special time gives your child a feeling of security and provides a great opportunity for you to learn about what is going on in your child's life.

Parent/Child Activity

Here are some common breakfast foods.
Have your child color the foods he/she would like to eat for breakfast.

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Author: Elaine Collins, Extension Agent—Family and Consumer Sciences, Adams County

Edited By: Rose Fisher Merkowitz, Extension Agent—Family and Consumer Sciences/Community Development, Highland County
Kathy Jelley, Extension Agent—Family and Consumer Sciences, Brown County
Carol Ford Arkin, Extension Specialist—Family Life, Ohio State University

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