

# Bringing Out The Best

SUPPORTING THE SOCIAL & EMOTIONAL DEVELOPMENT OF YOUNG CHILDREN IN GUILFORD COUNTY



# BRINGING OUT THE BEST: STAFF SPOTLIGHT



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## Fun Facts

- Favorite color: purple
- Favorite food: steak and baked potato
- Hobbies: going to the gym and gardening
  
- One of my favorite parts of working at Bringing Out the Best is all of the special connections I get to make every day to include families, teachers, and my coworkers. I love being around passionate people who love to help children.



# Check Out Our Kindergarten Preparation Series!

Each month, We provide a monthly topic and resources to help families prepare their children for kindergarten! You can find the monthly flyers on our Bringing Out The Best Website and social media pages.

**\*\*click here to find  
Kinder Prep flyers and a  
comprehensive packet\*\***

**<https://bringingoutthebest.uncg.edu/kindergarten-preparation/>**



# School's Out and summer is IN!!

1. Take a nature walk with your child/ family.
2. Have a meal outside together.
3. Plant flowers or vegetables with your child and document the process as you watch them grow.
4. Share a book.
5. HAVE FUN with your child!



# Tips For Limiting Screen Time This Summer

- Practice good habits yourself
- Make meal time=family time (no screens)
- Avoid exposing your children to screens for at least one hour before bedtime
- Create screen-free bedrooms
- Log screen time to keep a record
- Make screen time =active time (i.e. dancing along to music)



# Help your child with transition

Summertime is often a time of transition...routines are different than during the traditional school year, vacations are in the mix and generally children are ending a school year in one classroom and preparing to start in another classroom with different peers and a different teacher. For some people, transition is a breeze and they possess the skills to flex and flow. For others, transitions set off alarm bells and undesirable behaviors take over.



## Strategies for easier transitions:

- \*always give a verbal warning or advance notice before a transition
- \*a second, more immediate warning just before the transition can't hurt
- \*visit a new school/ classroom /playground before the first day so there is something familiar and safe
  - \*acknowledge fears and other emotions that may be bubbling up
- \*practice does not always make perfect, but it certainly makes things less scary



"It is a happy talent to  
know how to play."

-Ralph Waldo Emerson





**We are taking a break from training this summer to come up with some exciting and engaging topics for the upcoming academic year. Stay tuned!**

