

ISSUE 23 SPRING EDITION

# Bringing Out the Best

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



## Spring is here!

It's that time of year where the days become longer and the first hints of flower buds start blooming. How do you plan to enjoy all the beauties of Spring with your family?

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# FUN OUTDOOR ACTIVITIES

Click on each for more details!



- ✿ Plant a garden
- ✿ Spring Scavenger Hunt
- ✿ Create a homemade bird feeder
- ✿ Have a picnic in your backyard





# There are lots of things to plan for in Spring...

Summer plans

Family outdoor activities

Adjustment to day light savings

Preparing rising kindergarteners for school



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# Kindergarten Readiness

By, EC Specialist, Joy Herrera



**Entering Kindergarten is a time filled with new beginnings, growth, and bonding opportunities, but it is also a time in which your child will begin to navigate emotions, anxieties, relationships, and a world beyond the comfort of home and family. Equally important in the kindergarten journey are the experiences of parents who will share many of the same triumphs and worries that their children do. But fear not! Having a plan will make things much smoother.**



# Kindergarten Readiness



Here are some key activities to try for social and emotional preparation!



Read books and stories about starting kindergarten.



Talk about big school. Have conversations about what it will be like, the routine, and the importance of making friends.



Encourage independence with tasks such as dressing, using the bathroom, and meals.



Identify and work through emotions. Is your child familiar with a variety of emotions? If not, it's not too late to begin naming emotions, talking about how they feel, and finding a way to overcome the difficult ones. Reassure your child that it's normal and okay to feel nervous and excited about school.



Visit the school before the beginning of the year. Attend any open houses. Take the opportunity to play on the school playground. Possibly make a book with pictures of the school.



Keep a consistent routine, this is crucial during the lead up to school and once the year has begun.



Click here to see Joy's full article with resources included!



Practice social skills like turn taking, sharing, and listening to others.



Read books and stories about starting kindergarten.

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# Upcoming Events

## NC Pre-K - 12th Grade Resource Fair

**March 22, 2025**

**The Coliseum Swarm Field-house**  
1921 W. Gate City Blvd, Greensboro, NC 27403

10:00 am - 1:00 pm



**April 5, 2025**

**Rockers Stadium**  
301 N Elm St, High Point, NC 27262

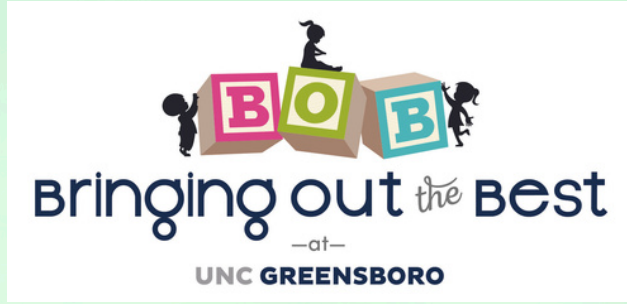
10:00 am - 1:00 pm

[CLICK HERE FOR EVENT FLYER](#)

**Find more Kindergarten Readiness  
resources from Ready for School,  
Ready for Life!**



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**Don't forget Day Light Savings is on March 9th!**



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