



Invitation to Independence

How does it feel to have a preschooler? That's what your child is now. This year of their life seems to be centered on preparing them to start school. It is a strange feeling to know that this child who has been totally dependent on you for their entire life is about to head out on their own. Now, before you panic and lock them in their room and decide to keep them home forever, we want to assure you that it will be okay. This is such an exciting time for a child, and we want to help you to prepare them the best you can.

So, how do you help your child get ready for school when it seems like some days they barely function by themselves? One thing I've realized is that kids this age thrive when given some independence. This year's Family Experience is Called "Invitation to Independence." They love it. I'm not saying get them ready to be completely on their own, but we can start small. We have three Kick-starters to help you give your child independence. These include independence at home, with friends and with themselves.

You want them to succeed at school, and it's up to you to prepare them for what lies ahead. The Kick-starters will help you build a foundation to begin this year's Family Experience and are expounded upon in our Kick-starter Guide. They will

have questions and activities for you to do with your child that set up the Family Experience.

Giving your child some responsibility at home will not only show them that you believe in what they can do, but it will give them a sense of accomplishment and pride in themselves. I know you may want them to stay your baby forever, but they need to be able to do some things by themselves. You don't want them to have to go through life with you tying their shoes and opening their lunch for them! Help them by giving them personal independence.

The Parent Guide will give you instructions and ideas for carrying out the Family Experience for age 4. One idea is to give your child a gift that shows them you are excited for their new journey of starting school. That gift could be any item that they can take to school with them. Maybe it's their new backpack or perhaps their lunchbox. Take this opportunity to show your child how much you believe in them!

Raising an independent child may be hard to do, but you are giving them a gift. They may only use that lunchbox for a little while, but independence is something they will carry with them for a lifetime.