

Belknap-Merrimack Head Start

Home Matrix

	Be Safe	Be Kind	Be Careful with our Things	Make it Better	Parenting Tips
AM Routine	<ul style="list-style-type: none"> ♦ let adults know when you are up ♦ listen to adults about eating and getting ready for the day 	<ul style="list-style-type: none"> ♦ play quietly if others are sleeping ♦ say good morning 	<ul style="list-style-type: none"> ♦ put night clothes where they belong ♦ help get dressed 	<ul style="list-style-type: none"> ♦ lend a helping hand... 	<ul style="list-style-type: none"> ♦ think ahead...are the clothes ready? Cereal out? ♦ Have you allowed enough time? ♦ Is your alarm clock set?
Inside Playtime	<ul style="list-style-type: none"> ♦ listen to adults ♦ stay in play areas ♦ use toys safely ♦ if you see something unsafe, tell an adult 	<ul style="list-style-type: none"> ♦ take turns ♦ use kind words ♦ invite other to play 	<ul style="list-style-type: none"> ♦ use toys carefully ♦ return things to their place 	<ul style="list-style-type: none"> ♦ if you knock it over, help clean it up 	<ul style="list-style-type: none"> ♦ is the area safe and supervised ♦ consider doing a game or activity with your child
TV/Video	<ul style="list-style-type: none"> ♦ listen to adults about what shows are OK to watch ♦ tell adults how you feel about shows/games ♦ only watch TV when adults say you can ♦ ♦ ♦ 	<ul style="list-style-type: none"> ♦ keep volume softer than people's voices ♦ take turns with selections ♦ ♦ ♦ 	<ul style="list-style-type: none"> ♦ return things to their place ♦ ♦ ♦ 	<ul style="list-style-type: none"> ♦ if you are scared...talk to an adult ♦ if you are sad...tell an adult ♦ ♦ ♦ 	<ul style="list-style-type: none"> ♦ have you picked this show/video or game with your child? ♦ have you watched the show/video or game with your child? ♦ Consider turning TV off during mealtimes ♦ how does your child react now...and later? ♦ ♦
Bathroom	<ul style="list-style-type: none"> ♦ wipe/shake ♦ wash hands ♦ ♦ ♦ 	<ul style="list-style-type: none"> ♦ take turns ♦ respect privacy ♦ ♦ ♦ 	<ul style="list-style-type: none"> ♦ put toilet paper in the toilet ♦ ♦ ♦ 	<ul style="list-style-type: none"> ♦ if you see a mess...tell an adult ♦ ♦ ♦ 	<ul style="list-style-type: none"> ♦ is the bathroom child proofed? ♦ have you talked about your bathroom rules? ♦ ♦