



FAMILY CONNECTION

THE OFFICIAL FAMILY NEWSLETTER OF
THE EARLY LEARNING COALITION OF BROWARD COUNTY



It's Time For Back to School!

INSIDE LOOK

ENROLL IN VPK

STARTING PRESCHOOL

HEALTHY EATING
TIPS

READING TIME: BOOKS
TO ENJOY WITH YOUR
LITTLE ONE

Now Enrolling VPK

Did you know you can enroll your child into VPK (Voluntary Prekindergarten) year round? It's true. ELC Broward is here to assist you with getting started! To enroll, children must live in Florida and be 4 years old on or before Sept. 1.



How do I apply for VPK?

You can apply online from a computer, mobile phone or other digital device by visiting <https://familyservices.floridaearlylearning.com/>. You will need an email address, proof of Florida residency and proof of your child's age to apply.

ELC Broward will review your application and email you with further instructions. Once your application is approved, you will be provided with a Certificate of Eligibility you can take to any VPK provider.

You've Started Preschool! What's next?

Starting school is an exciting time, but it can be stressful for both children and families. Here are some fun and easy tips you and your family can add to your routine!

- **Create a book with your child!** Taking pictures of your child and making an album with them will give provide a hands-on way to get your child excited about reading and recall their visit!
- **Establish Morning and Bedtime Routines.** Routines help us all be organized. Pictures placed in order of our morning and evening routine will help children learn what's expected, and create consistency. Try it!
- **Nurture your child's independence!** Give him/her choices when you can. For example, allow him/her to pick a shirt out and two acceptable shirts of your choice.
- **Let children help...with easy tasks.** For example, they can help throw garbage away, set the table, feed pets, put dirty clothes in the hamper, and help get a diaper for a younger sibling.
- **Prepare for Strong Emotions!** Sometimes young children have separation anxiety when they go to school. This is normal. If your child cries, it's important to label your child's emotions and reassure your child that you'll be back.
- **Offer encouragement!** Acknowledge their helpfulness and remember... perfection isn't necessary!



Example of a morning and evening routine checklist

My Morning Checklist

			eat breakfast
			put dishes in sink
			use the bathroom
			brush teeth
			wash face
			get dressed
			make bed
			gather things for school
			put on shoes

OUR EVENING ROUTINE

	TIDY UP
	TAKE A SHOWER OR BATH
	PUT ON PAJAMAS
	BRUSH TEETH
	READ A BOOK WITH THE FAMILY
	GO TO THE BATHROOM
	WASH HANDS
	LIGHTS OUT

Check out more tips on getting ready for preschool at:
www.zerotothree.org