

# Agape Schools Awareness & Prevention Newsletter

*Awareness and prevention information for the health and wellbeing of Agape families.*

## August: Back-to-School Readiness & Routines

### **"The Agape Difference" Quote:**

*"Love grows when we prepare together."*

### Infants (6 weeks–12 months)

- Consistent Nap Routines: Helps regulate sleep and transition to group care.
- Separation Awareness: Practice short, calm goodbyes to build trust.
- Daily Connection: Create a predictable morning routine—songs, hugs, or phrases.

### Toddlers (1–2 years)

- Routine Practice: Begin waking and eating meals at times that match school schedules.
- Comfort Items: Allow a small blanket or stuffed toy for smoother transitions.
- Encourage Independence: Simple tasks like washing hands or picking out shoes build confidence.

### Preschoolers (3–5 years)

- School Skills: Practice listening, lining up, and following two-step directions.
- Literacy Boost: Read together daily; talk about books to expand vocabulary.
- Emotional Prep: Role-play classroom scenarios—sharing, asking for help, waiting turns.

### **FAMILY TIP OF THE MONTH:**

*Create a visual morning routine chart with pictures your child can follow.*

***Information in this newsletter is not intended to replace advice by a health care professional.***

