



We know first graders move from learning the basics of [reading](#) to reading for pleasure. [Reading](#) with your child on a regular basis sets them up for [improved literacy](#) as well as a stronger personal relationship with you. Knowing your child needs between 9-11 hours of [sleep](#) each night and getting a chance to connect with your children when they are scheduled with so many [activities](#) can be tough; there are not that many hours in the day! Try making bedtime that special connection time where you can read and talk one on one with each of your children. It's a way to sum up the day, their experiences and talk about highlights and lowlights of the day. With multiple children, share this special time with your spouse or alternate nights for each child.

Teacher expectations for students entering first grade are knowledge of all 26 letter names and sounds, knowing c/v/c words, and counting to 100. Your child will also have increased expectations for homework in first grade, specifically in the area of reading. As noted above, that includes both you reading to your child and your child reading outloud to you.

Predictable [routines](#) are a source for stability and security for children of this age. Your child will respond to the [structure](#) you create. In addition, your teachers want you to know that the a big teaching tenet of first grade outside of their academics is independent self care. Partner with the teacher in encouraging your child to complete their own self care like putting their backpacks and coats away into their cubbies when they enter the classroom in the morning or when getting off the bus at home, independent dressing (especially for the outdoors in winter), taking their dishes to the dishwasher, and even opening food packaging to their best ability. Giving your children [age appropriate chores](#) are a good way to build their sense of belonging.

You're never sure what you will find when you check your child's backpack daily. It helps to keep a finger on the pulse of what is going on in the classroom and the teachers often send communication home in the backpack. [Communicating](#) with the teacher and developing a working relationship with him or her will enhance yours and your child's experience in school. A positive [partnership](#) between home and school can only lead to greater success for your child.

For more on developmental stages and parenting information, contact your Thrive Parent Liaison, Lori Swenson at lswenson@bssd72.org or 995-4281.