

# Live 5-2-1-0

## Four simple guidelines for raising healthy children



Advice on proper nutrition and physical activity can be confusing, and at times overwhelming. Live 5-2-1-0 is an evidence-based message that simplifies this information into four easy to remember guidelines for parents and children:



### Enjoy-

FIVE or more vegetables & fruits every day

### Power down-

no more than TWO hours of screen time a day



### Play actively-

at least ONE hour each day

Choose healthy-

ZERO sugar-sweetened drinks



### How can you make a difference?

#### Try just one thing:

- Take screens out of kids' bedrooms
- Try one new vegetable or fruit – and keep trying
- Make it a habit to take the stairs, and try playing tag or Simon Says or dancing with your kids
- Ask one leader in your community to make healthy choices easier!

Setting children on the path to being healthy and happy starts at home, and together we can create new routines, healthy environments, and vibrant communities for children to grow up in.

Learn how you can make a difference in your community and start living 5-2-1-0 today at:

[Live5210.ca](http://Live5210.ca)

supporting the  
Live 5-2-1-0  
campaign by **SCOPE**  
[www.scopebc.ca](http://www.scopebc.ca)

# Welcome to Kindergarten



Have fun and help your child get ready for school!



### You are your child's first and best teacher.

- Follow your child's lead as you play and discover together.
- Talk and read with your child in your first language.
- Help your child to share and take turns.
- Encourage your child to make choices and decisions.
- Celebrate your child's learning.

Talk, Read, Sing & Play Everyday!



# Welcome to Kindergarten!

Learners of all abilities are welcome! Useful skills that would help your child going into Kindergarten:

## Self-help skills:

- Taking their jacket and shoes off and putting them back on (including doing up zippers and buttons)
- Opening their snacks
- Going to the bathroom without adult help

## Fine Motor Skills:

- Cutting with scissors
- Holding and using a crayon or pencil
- Playing with blocks, simple puzzles

## Social/Emotional Skills

- Sitting in a group and listening to a story
- Reading and enjoying stories
- Working, playing and sharing cooperatively with other children
- Sharing an adult's time and attention with others
- Communicating needs and wants effectively and respectfully
- Respecting and showing concern for people and things
- Naming own feelings and recognizing feelings in others
- Separating from an adult

## Academic skills

- Shows a curiosity towards books, enjoys looking at books and sharing stories
- Printing and recognizing own name
- Counting objects to ten and recognizing some numbers
- Knowing some letters and sounds

You are your child's first teacher!

# As a parent you can...

- **Listen and talk to your child about what Kindergarten will be like.** Express excitement and enthusiasm so that your child will look forward to Kindergarten.
- **Try to arrange for your child to spend independent time with relatives or close family friends.** This often helps children develop a growing sense of independence and capacities for communicating needs with other adults. It also gives parents an opportunity to see how their child reacts to being without them.
- **Set up playdates** – Informal socialization is important to maintain over the summer months for all children, regardless of preschool experiences. Setting up playdates with children who will attend the same school can help your child establish early friendships.

# First day of class

- **Arrive early and walk around the school/ playground to help orient your child.**
- **Remain cheerful and let your child know you will be back at the end of the school day.** Remind them about all the exciting new things they will learn, the friends they will make, and take some time to talk to the teacher together.
- **Make your good bye cheerful and brief.** Do leave after you have said goodbye; don't slip out of the room unnoticed, and don't linger outside the classroom.
- **Remind your child when you will return, and make sure you are not late picking them up!**