

Get Your Child School-Ready This Summer: Tips from an Expert 🌻

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Hey, Parents!

Summer is right around the corner.

For many families, that means slower mornings, vacations, and a break from the usual routine. For others, it can feel more like a discombobulated schedule, with inconsistency from day to day and the stress of juggling camps and childcare.

That being said, summer is one of the best times to build the skills that help **children feel confident and capable** when they walk into a classroom in the Fall.

In my 25+ years as an early childhood educator, I have seen what happens when children enter a classroom setting for the first time. In more recent years, I have also seen how much things have shifted. Many children are walking into school environments **needing more support** with independence, regulation, and social-emotional skills than ever before.

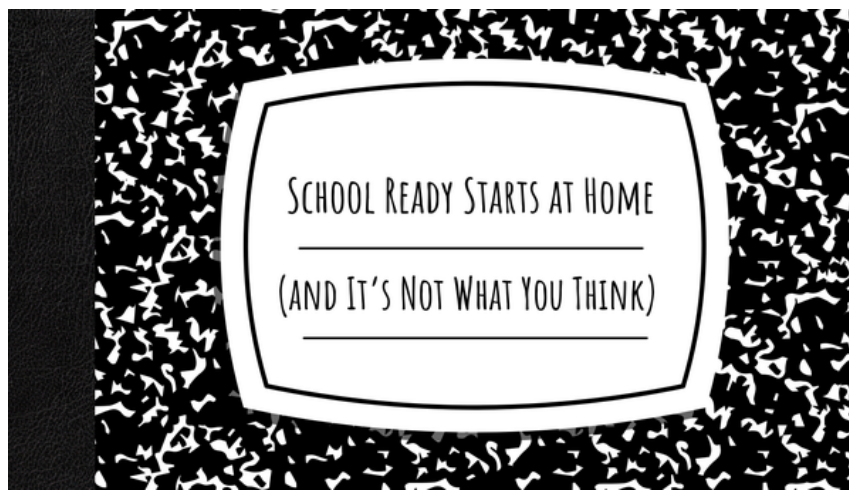
At the start of the school year, many parents hear for the first time that their child is struggling, without always knowing why or what to do next. This is not a reflection of your parenting. More often, it comes down to missing skills, which **can absolutely be supported over the summer months from home**.

If you have a child getting ready for school, or even already in those early years, the tips below will help you use this season in a way that feels both intentional and manageable.

You've Got This!

Nicole ❤️ 🍀

This Month's 🔥 Hot 🔥 Topic...



School Ready Starts at Home (and It's Not What You Think) (Preschool, Pre-K, and Kindergarten)

If you have a younger child heading into Preschool or Kindergarten, it can feel like a big jump. And it is. At home, your child may be used to being with you or a small group. **At school, they will be one of many children with one teacher. That's a big shift.**

The good news...getting your child ready for school does not require flashcards, workbooks, or pressure. It comes down to three key areas you can build into your **everyday life**.

1. Independence: "I can do it myself"

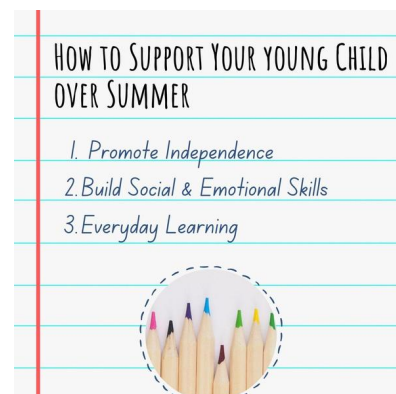
This is one of the biggest predictors of a smooth start to school at any early age. At school, there is limited one-on-one support for basic needs. Children need to be able to manage simple tasks on their own. **The goal is confidence, not perfection.**

- **Practice being away from you.** Start small. Leave them with a trusted adult. Let them learn: I am safe, and you always come back.
- **Bathroom independence.**
 - They tell you when they need to "go" instead of you reminding them
 - Practicing wiping independently (tushies are hard to reach)
 - Using toilet paper, not wipes
- **Dress for success.** Elastic waistbands are your best friend. If clothing requires buttons or zippers, practice those.
- **Lunch and snack practice.** Can they open containers, eat independently, and clean up their trash?
- **Backpack responsibility.** Let them carry it, open it, and manage their belongings.

2. Social-Emotional Skills: "I can handle big feelings"

School is not just academic. It is deeply social & emotional. Children need tools to navigate big things like: being away from you, not getting their way, and sharing space and attention! **The goal is (some) self-regulation.**

- **Talk about feelings often.** Name them and normalize them. "You're frustrated." or "You really wanted that."
- **Read books** about school and emotions



- **Practice flexibility.** Things will not always go their way. Games are a great way to teach this. Losing is part of learning.
- **Teach kindness.** One simple rule here...“You don’t have to be everyone’s friend, but you do have to be kind.” ❤️
- **Adjust sleep as needed.** School days are long. To avoid meltdowns & defiance, start an earlier bedtime routine.

3. Everyday Learning (No Worksheets Needed)

You do not need to teach school at home. The best learning happens in everyday moments. **The goal is learning through life, not pressure.**

- **Build language through experiences.** Go places this summer. Talk about what you see. Use new words and explain them. Draw pictures, or even have them make a book about the experience.
- **Read everything.** Books, signs, labels. “Look, that says Target.” or “That’s a stop sign.”
- **Play with sounds.** “What sound do you hear at the start of ‘Mom’?” “What rhymes with ‘cat’?” Clap out syllables in words.
- **Use real life for math.** “Can you grab 4 apples?” or “Let’s count these together.”
- **Strengthen little hands for writing skills.** Playdough, coloring, painting, Legos, games like Operation.

Parenting Hack 🌟

Create A Visual Morning Routine

Mornings can feel rushed, repetitive, and stressful for both you and your child. Instead of reminding, redirecting, and **repeating yourself over and over**, try this simple shift. (FREE Download below 📄)

Create a Visual Morning Routine

- Use pictures/simple words to show the steps your child needs to follow.
- Examples: Wake up, Use potty, Get dressed, Eat breakfast, etc.
- Place it where they can easily see it, like the fridge, or bedroom door.

Why it works

- Reduces constant reminders (stop nagging!)
- Builds independence
- Gives your child a clear sense of what to do next
- Creates a calmer start to the day

Make it Stick

Start practicing this routine over the summer, **not the first week of school.**

Free Resource

I created a simple **Morning Routine Board** you can **print and use** at home.

👉 Download it here: [\[My Morning Routine\]](#)

If you are local and would like support printing, laminating, or setting this up, this is an option in [\[My Shop.\]](#)



Let's Connect



Let's Grow Together

Want support with the summer transition or setting up a routine that works for your child, I am here to help!

I offer a **free 10-minute consultation**, as well as **virtual** and **in-home** parenting sessions. Feel free to reach out or explore options that best fit your family.

PARENTING CONSULTATION OPTIONS

Dates to Grow & Know 🌱 🌳



May 21 - Blog: The Things I Thought Mattered... and What Actually Did

May 25 - Memorial Day

May 29 - Last Day of SDPBC Schools



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"Parenting is about progress, not perfection. Keep moving forward!"

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