



10 important things

While the expectations of children and their parents increase before entering elementary school, their anxieties increase as well.

We have summarized 10 important things to do at home so that you can reduce anxieties as much as possible and start your children's school life smoothly.

Start with what you can do together with your children.

Good lifestyle habit is a treasure of life.

The basic lifestyle habit acquired in childhood is a treasure (go to bed early • get up early • eat at a fixed time • brush teeth after eating, etc.).

Parents are expected to support the healthy growth of "Adachi Kids (children living in Adachi City)" together with residents in the region.



Adachi version tooth-brushing manual for children

Check the correct way of tooth-brushing.

あだち版 歯みがきマニュアル

検索

Tooth Brushing Video



"Adachi curriculum for connection period from Childcare/Kindergarten to Elementary School."
(Tips in order to start an elementary school life smoothly)

Search for details ↓

あだち幼保小接続期カリキュラム

検索



Adachi curriculum for
connection period from
Childcare/Kindergarten to
Elementary School.
Home version

English
英語版

Dear Parents

**10 important things
for your children
to start an elementary
school life smoothly.**

家庭で心がけたい

10の大切
なごと



知ると分かる。すると変わる。



SDGs MODEL ADACHI



Adachi City Board of Education

Child Facilities Guidance and Support Section ☎ 03-3880-5431

I Basic lifestyle habit

Acquiring basic lifestyle habit is a basis of enhancing children's learning eagerness, physical strength and concentration.

1 Go to bed early • Get up early • Eat breakfast

Let your children accustom to go to bed early, get up early, and go to school after eating breakfast.



"The first bite is from vegetables"

Let's start meal from vegetables.

2 Brush teeth by themselves

Parents should let children acquire a habit of brushing teeth by themselves.

If parents encourage children to brush teeth after eating, they will acquire a habit of brushing teeth.



If there are any spots your children cannot brush well, parent's help is necessary.

3 Preparing belongings by themselves

Encourage your children to acquire a habit to prepare and organize their belongings.

Work together with your children in preparing and organizing their belongings. Through your support, they will learn how to do it.



II Relationship with others

When children feel that "the other person is pleased with me, and thankful to me", their self-affirmation feeling will rise. Cherish the relationship between parents and children.

4 As a member of the family

Give your children simple task to do for you, and they will build up experiences that are appreciated by the family.



5 Speak • Listen

Listen to children's stories to the end. When they have questions, think together and answer. If children gain experiences that other people listen to their stories, they will acquire a habit of listening to others' stories.



6 Good behavior • Bad behavior

Parents should create opportunities for your children to think whether their behavior is right or not. Think with the family why rules are necessary.



7 Accepting children's feelings

Accept your children's thoughts and ideas positively.



III Basics of learning

Children experience and learn various things while playing. Have fun experiences with your children.

8 Reading a picture book

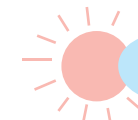
"There are many fun events held in the library! Search from the top page of Adachi City municipal library."



If parents read a picture book to children, they will improve imagination and become interested in words and letters. Relationship between parents and children will deepen. Read a picture book together with your children.

9 Moving the body and play

Various actions such as walking, running, jumping, throwing, holding a heavy object, etc. will help acquire different ways of body movements. Go to the park with your children, and move bodies, play together.



In your daily life, find an opportunity to move your body and play.



10 Experience nature

Experience the beauty and wonder of nature together with your children. It will help to grow a rich sensibility. (watch the sunset, watch the starry sky, plant and grow flowers, contact with animals)

