

## ECE News



### Start Smart Texas- Parent Engagement Program

Kids don't come with an instruction manual. Wouldn't it be nice if your families could receive free parenting tips in their Twitter feed? Parenting tips that they could easily incorporate in everyday life?

All they must do is follow Start Smart Texas on Twitter @StartSmartTX and they will receive just that!

On the [Resources Page](#) of the Start Smart site you can download a PDF you can post in your school to promote this parent engagement program.

Here are two examples of "back-to-school" parenting tips that have been sent out recently:

#### **Sleep**

Children need 10-12 hours of sleep to promote optimal health and learning. Adjust schedules as needed to ensure your child is getting enough sleep as the new school year approaches. Check out these bedtime stories at your next library visit: <https://bit.ly/2NXPazh>.

#### **Talk to Your Child**

Talk to your child about school several weeks before the first day. Acknowledging back-to-school jitters will help your child develop positive emotions about school and increase oral language skills. A recent MIT brain study shows that having back-and-forth conversations with your child builds early language skills. Learn more: <https://wbur.fm/2HbRQiZ>. Anytime is learning time.

## Spotlight

### NEW Resource! Parent Guides

Strong family engagement in early childhood programs is central to promoting children's healthy intellectual, physical, and social-emotional development; preparing children for school; and supporting academic achievement in elementary school and beyond.

One way to promote strong family engagement is to equip families with tools to enhance and extend their child's learning. These Parent Guides have been created to help families understand some of the things their child will learn each school year. These resource documents have been developed for Prekindergarten 3, Prekindergarten 4, Kindergarten, 1st Grade, and 2nd Grade and may be distributed to families at various times during the school year, including:

- Beginning of school year and/or back-to-school events
- Family conferences and/or home visits
- When a new child enrolls in your class
- End of school year in preparation for the following year
- Family engagement events and activities

Use these documents to spark conversations and increase families' knowledge on how they can support their child at home.

The Parent Guides can be found on the [Family Resources](#) page of the TEA website.