



Mind, Body, Backpack- Preschool Edition

Preparing for Academic Success

Our popular service, **Organizing Mind, Body & Backpack**, has been adapted for preschoolers. The program teaches parents and young children some practical strategies to help kids be successful in school and prepare for future academic successes. It is a wonderful complement to any curriculum. Topics include:

MIND	BODY	BACKPACK
Phonics	Task Initiation	Organization
Print Awareness	Sustaining Attention	Routines
Math Skills	Safety Rules	Kindergarten
Pre-writing skills	Self Advocacy	Expectations

Objectives

By design, each session is structured, interactive and FUN! Kids build a number of kindergarten readiness skills, begin to develop and relate to their specific learning style and learn how to advocate for themselves in a classroom setting.

Via research-based practices, children will engage in hands-on materials, songs and games that strengthen academic skills while allowing the child to practice problem solving skills in social situations. Children will have the opportunity to practice following multi-step directions through a variety of academic themed lessons.

The teacher provides immediate feedback to the students. She creates awareness of learning, promotes opportunities to practice self-advocacy skills and develops age-specific executive function skills that will support life-long learning. The teacher regularly provides session summaries and resource ideas to parents. Home/ school carryover suggestions are also available.

Scheduling/ Cost

Appointments are available, according to your family’s schedule. Preschoolers may benefit most from 2-3 sessions per week over 2-3 weeks. Cost may vary based on the number and length of sessions. Individual and small group sessions are available.

Contact

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