



One way you can support your child in having success in preschool is to discuss classroom expectations and rules with them. Use this social story to review common expectations and rules with your child. #GaSEEDSforSUCCESS

[A Story about Our Expectations and Rules to Read to Your Child](#)



If your child is returning to childcare, they may be experiencing many feelings. Here are a few ways to support your child in expressing their feelings and understanding the changes taking place as they return to childcare. #GaSEEDSforSUCCESS

[Returning to Childcare During COVID-19](#)



Self-care for parents is important. Taking care of yourself improves your overall mood and increases your capacity to care for your child. Here are some tips on how to incorporate self-care into your daily routine. #GaSEEDSforSUCCESS

[Self-Care for Parents](#)



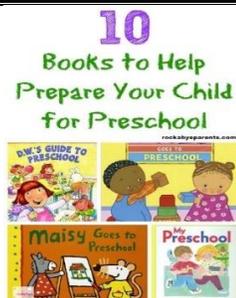
The earlier your child learns self-care, the more likely they are to carry those habits into adulthood. Try adding a few of these self-care tips to your child's daily routine. #GaSEEDSforSUCCESS

[Self-care and Mental Health Tips for Kids](#)



Have procedures for arriving at school or childcare have changed for your child? For ways to support your child during these changes, take a look at these tips. #GaSEEDSforSUCCESS

[Keeping Healthy and Safe: Arriving at School or Childcare](#)



For some children, the start of preschool can be a very scary thing. For others it can be very exciting. No matter which category your child falls into you can help get them prepared and increase their excitement by reading with them books about going to preschool.

[10 Books to Help Prepare Your Child for Preschool](#)