

Welcome 欢迎!

Routines and Independence

生活常规与独立能力

K1 Coffee Morning 咖啡晨会

Thursday 26th September



BROMSGROVE SCHOOL
MISSION HILLS
柏朗思观澜湖学校

During this session we will....

今天晨会的主要内容

- Discuss and explore the use of routines
讨论和分享关于建立生活常规的用处
- Highlight the importance of developing independence
培养和提高孩子独立能力的重要性

Wonder Wall 欢迎交流

Please add any questions to our Wonder Wall
晨会期间如有疑问，请将问题贴至提问墙



Discussion 讨论时间

Please remember...there are no right answers!请畅所欲言，讨论话题没有唯一正解！

- What routines do you currently have at home? 孩子目前在家的一日生活常规包括?
- Do you feel they work well? 您感觉目前情况如何?
- Who is involved in establishing your routines? 照顾孩子的主要家庭成员是谁?
- Do they allow your child to be independent? 他们有注意培养孩子的独立能力吗?
- Which routines do you find challenging or difficult to maintain? 有哪些常规是您觉得难以保持的?

Why do you think routines are important....常规的重要性

➤ For your child?对孩子来说

➤ For you?对您来说

➤ For school partnership?对学校生活来说

For your child 帮助孩子...

- To develop independence 培养独立性
- To develop confidence, build self-esteem and self-worth
建立自信心，自尊意识和自我价值感
- To learn important life skills (time keeping, organisation, planning) 学习重要的生活技能（时间观念，统筹，计划）
- To develop respect 建立互相尊重意识
- Healthy lifestyle (sleeping, eating, drinking) 健康的生活方式（睡眠，饮食饮水）

For you帮助您...

- To preserve your sanity! 保持温和情绪和理智头脑
- To build relationships based on respect 建立基于尊重的亲子关系和家庭关系
- To establish boundaries and realistic expectations 建立规则意识和符合实际的期望
- To help your child learn life-skills 帮助孩子掌握生活技能

“It is not what
you do for your
children, but
what you have taught
them to do
for themselves
that will make
them successful
human beings.”

Ann Landers

➤ 教会孩子如何做，而不是帮他们做，才能帮助他们获得成功。

For school 学校生活...

- To build consistency in expectations (home-school)
保持一致的期望（家庭-学校）
- To enable your child to be successful 帮助您的孩子
获得成功
- To give children's responsibility/ownership of self
放手让孩子对自己的事情负起责任

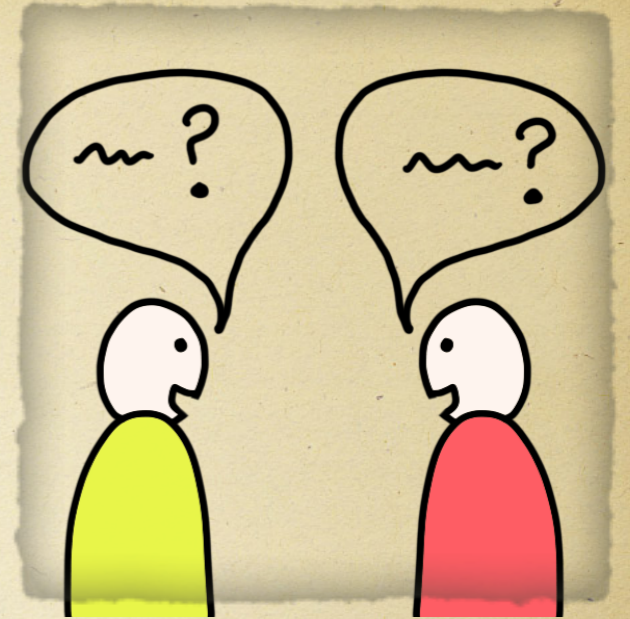
Establishing routines

建立生活常规

- Decide which routines you want to embed (e.g. bedtime routine, before school routine) 选择您需要的生活常规（比如睡觉习惯，上学前准备习惯）
- Be consistent with your expectations (Parents, Grandparents, Ayi etc.) 保持一致性（父母，祖父母，阿姨等等孩子身边的大人）
- Don't give up! May be stressful and time consuming to begin with but it is for the greater good 坚持不放弃！万事开头难，但“为之计深远”
- Use positive praise and give encouragement 给予孩子积极、正面的肯定和鼓励

- Try and keep a similar schedule to school, particularly sleeping at the weekend 假期时努力保持和学校一致的时间表，尤其是睡眠习惯
- Encourage independence and allow time for development (small steps) 鼓励孩子更加独立，给孩子更多的时间和耐心（看到小小的进步）
- Consider using visual prompts (checklist of things to do before going to bed etc.) 使用具象的提示（比如睡前需要完成的事情图片）
- Consider using a reward system 合理使用鼓励方式

Independence独立...



What does it mean?

独立意味着什么?

What is needed to develop independence?

提高独立能力需要做什么?

Who is involved?

包括哪些人?

How can you help?

您能如何帮忙?

Is it always easy?

这总是很容易吗?

Independence 独立

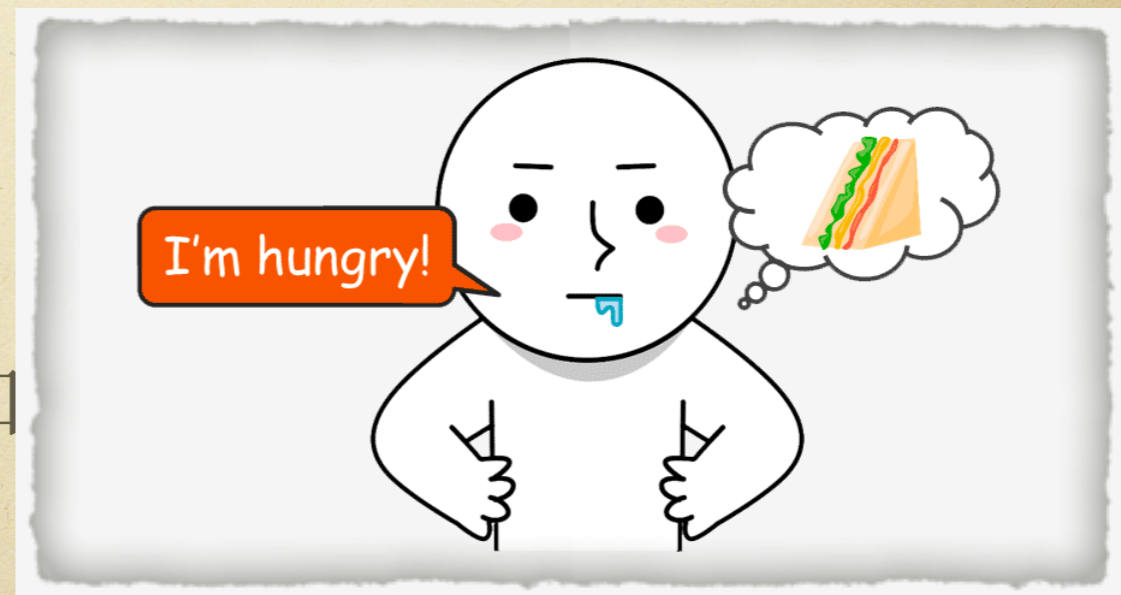
➤ Daily tasks 日常小任务

- Eating using a spoon/fork rather than hands 使用勺子或叉子而不是用手抓
- Dressing and undressing 穿脱衣服
- Putting on shoes and socks 穿脱鞋袜
- Cleaning up 清洁整理
- Cleaning teeth, washing face 刷牙洗脸
- Using the toilet 如厕



Independence 独立

- Speaking about how they feel 说出自己的感受
- Asking for help 请求帮助
- Identifying when they feel thirsty, hot/cold and taking steps to solve this 了解自己口渴/冷热感受和需求并知道该怎么做





Children are as
independent as you
expect them to be.

Maria Montessori

孩子能做到如您期望的那样独立！

Remember to model these skills don't
be too quick to take over!

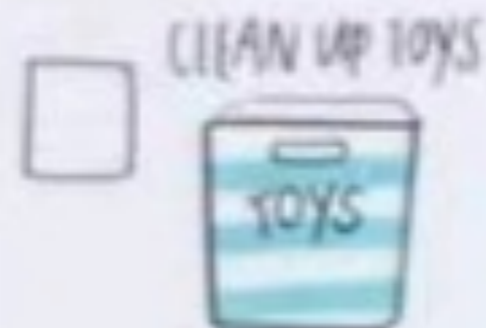
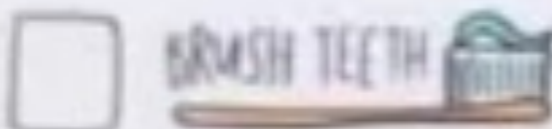
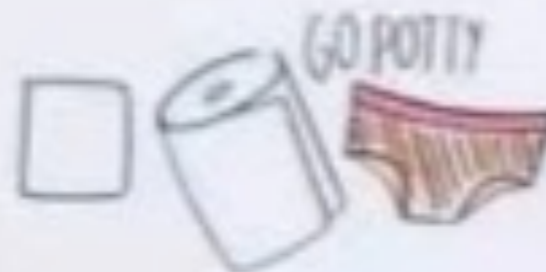
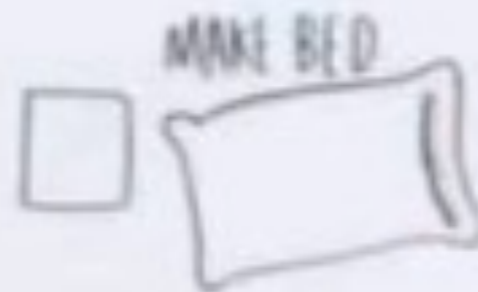
请您给孩子做示范，如何掌握这些技能。不
急在一朝一夕哦！

Useful research

信息分享

- Please refer to the articles and the visual timetables on the tables for some ideas.
- 欢迎您参考我们找到的一些文章，以及我们为您准备的时间表提示卡。

MORNING JOBS



Save



Go
Potty



Wash/
Bath



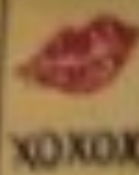
Brush
Teeth



Drink
Water



Put on
Pajamas



Hugs +
Kisses



Read
Books

It's Bedtime!



DONE ✓



Wash/
Bath



Brush
Teeth



Drink
Water

DONE ✓

DONE ✓





Read
Books

Chores By Age






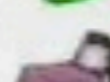






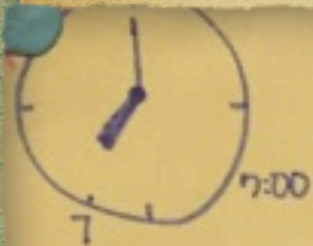
2 - 3
Years Old

- ☐  Make bed
- ☐  Take clothes to laundry room
- ☐  Put away laundry
- ☐  Pick up toys
- ☐  Dust furniture
- ☐  Feed pets
- ☐  Put clothes in dryer
- ☐  Match socks
- ☐  Clear place after meals



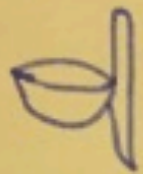
4 - 5
Years Old

- ☐  Set the table
- ☐  Clear the table
- ☐  Help cook dinner
- ☐  Carry and put away groceries
- ☐  Water plants
- ☐  Take sheets off bed
- ☐  Sort laundry
- ☐  Pull weeds
- ☐  Make a small snack
- ☐  Fold towels



List after get up...

起床以后...



Bathroom 上厕所



Milk 喝奶



Change Clothes 换衣服

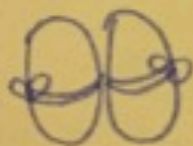
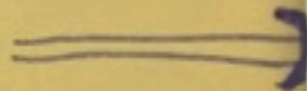
&



Hair 梳头



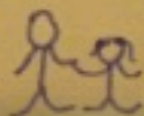
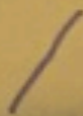
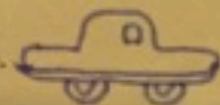
School Bag 检查书包



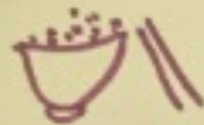
Change Shoes 换鞋



Bring your smile & Go to school
带上微笑 & 上学去

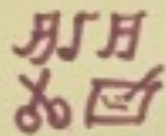


Before go to bed



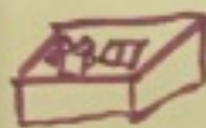
Dinner

吃饭



Play

玩儿



Collect Clothes

叠衣服

& 准备第2天校服



Take Bath

洗澡

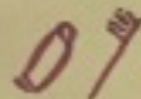
(8.5)



Milk

喝奶

(9.8)



Wash Teeth

刷牙

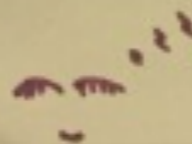
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Read

读书

(9.12)



Sleep

睡觉

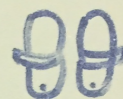
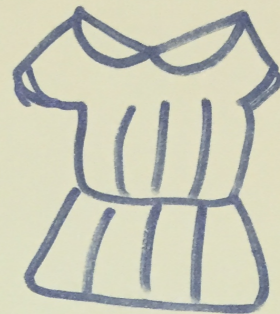
(9.5)



— Monday

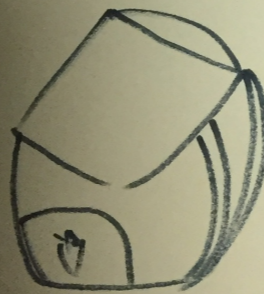
≡ Wednesday

Ⓔ Thursday

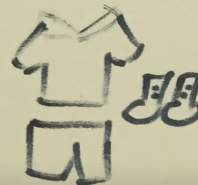
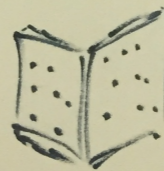
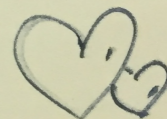
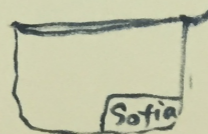


= Tuesday

五 Friday



School bag



Further information

更多信息

➤ Parent Handbook

➤ 家长手册

同时也希望家长关心照顾好孩子，如孩子出现以下症状，家长有责任遵守学校规定，将孩子留在家中照顾休息：

- 体温在 37.5C 或以上
- 24 小时内出现呕吐或腹泻现象
- 身上各处出现不明或疫病相关的皮疹或斑点
- 出现红眼病（急性结膜炎）症状（眼膜红灼、常流泪）
- 头虱症状出现（一旦治好，即可返回校园）
- 呼吸或呼吸系统出现问题
- 严重昏睡或疲劳
- 学生被诊断出有接触感染性疾病

如有上述情况，最迟在每天上午 8:00 前告知班级教师或舍堂辅导员生病情况并寻求当地医院的健康建议。如果以上症状出现在上课期间，学生将立即被送往校医室，学校会通知家长，家长应尽快接回孩子。学生接触感染性疾病痊愈后，在计划返校前，家长应出具三甲医院的信函给医务人员，证明孩子已治愈并无传染可能后方可返校。请参考下表中，常见感染性疾病的潜伏期和隔离期。

疾病	潜伏期 (天)	隔离期
流行性腮腺炎	12-25	自肿大后，隔离9天
麻疹	7-18	皮疹出现后，隔离4天
风疹（德国麻疹）	14-23	皮疹出现后，隔离7天
水痘	14-21	等所有小水泡变干

若孩子出现不舒服或其他任何病状，请您陪同孩子呆在家中，照顾好您的孩子，以确保校园环境的健康。

药物

除非经行政部批准，任何情况下，教师都不允许为学生服送药物，学生也不允许将任何药物带来学校或将药物放在书包、柜子内。学校医务人员需要拿到家长提供的医生处方和授权书后才可以在在校期间帮助孩子服送药物。同时，教师同样不允许为学生擦防晒霜和防虫液。

Thank you 感谢！

