






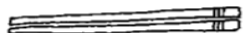
【3 year olds (First half of the year)】



What children are like at nursery school and kindergarten	How teachers should interact with children at nursery school/kindergarten	How parents should interact with children at home
<p>The restroom</p> <ul style="list-style-type: none"> • Potty-trained. 	<ul style="list-style-type: none"> • Show the children how to use the toilet. • Take them to the bathroom regularly, or remind them to go in a timely manner, so they can go by themselves. 	<ul style="list-style-type: none"> • Create opportunities for your child to use a bathroom outside the home. • Give approval for going to the bathroom alone to help build confidence, even if he or she has an accident. 
<p>Eating</p> <ul style="list-style-type: none"> • Children can eat by themselves. 	<ul style="list-style-type: none"> • Repeatedly show the children the procedures from preparation to clearing up. • Help them enjoy eating, while showing them table manners and how to eat without spilling their food. 	<ul style="list-style-type: none"> • Respect your child's motivation to eat without help. • Set clear meal time rules such as no leaving the table and no playing while eating. <p><i>You sat still and ate without spilling your food.</i></p> 

<p>Tidying up</p> <ul style="list-style-type: none"> • Children can put things away with help from teachers. • They understand what to bring to nursery school/kindergarten. 	<ul style="list-style-type: none"> • Prepare personalized marks, illustrations and pictures to show where to put the play items, etc, so the children can change clothes and put things away by themselves. 	<ul style="list-style-type: none"> • Check if your child's belongings are easy to find and handle. • Have a place to put the things that your child takes to nursery school/kindergarten. • Organize the room for your child to put away play items easily, to help him or her understand how good it feels to tidy up. 
<p>Handwashing and gargling</p> <ul style="list-style-type: none"> • Children can rinse their mouths and gargle. 	<ul style="list-style-type: none"> • Repeatedly remind them to wash their hands and gargle, so they can make it a habit. 	<ul style="list-style-type: none"> • It is a good idea that you and your child wash your hands and gargle together when coming home to make it a habit. • Show your child there are two types of gargling: rinsing the mouth after meals and gargling for when getting home. 

Source: Minato city [What is important at home Parents' Handbook] [How teachers should interact with children at nursery school and kindergarten, and how parents should interact with children at home.3 year olds P.14,15], Illustration position replacement

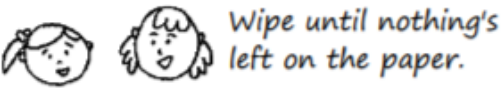

【3 year olds (Second half of the year)】



What children are like at nursery school and kindergarten	How teachers should interact with children at nursery school/kindergarten	How parents should interact with children at home
<p>The restroom</p> <ul style="list-style-type: none"> • Children can wipe their bottoms and flush. 	<ul style="list-style-type: none"> • Show the children how to wipe their bottoms, and see if they have wiped properly after each time they use the bathroom. 	<ul style="list-style-type: none"> • Repeatedly show your child how to wipe his/her bottom at home too. <p><i>you did it !!</i></p> 
<p>Eating</p> <ul style="list-style-type: none"> • Children can eat with chopsticks. 	<ul style="list-style-type: none"> • Show the children how to hold and use chopsticks every meal time. 	<ul style="list-style-type: none"> • Help your child try using chopsticks when they become good at holding a fork or a spoon. Let them use both chopsticks and a spoon or a fork until they can use chopsticks comfortably.  <p><i>Let's try to use chopsticks.</i></p>

<p>Tidying up</p> <ul style="list-style-type: none"> • Children understand what to do at nursery school/kindergarten. They start to do things such as tidying up voluntarily. 	<ul style="list-style-type: none"> • Give children approval when they try to do things by themselves. • Show them the ropes and give them a helping hand if necessary, so they can feel the joy of accomplishment. 	<ul style="list-style-type: none"> • Give your child approval when he/she tries to do things by themselves. They will be able to do more things by themselves. • Organize the room for your child to put things away easily, in accordance with the kind and size of the items, to form the habit of tidying up. 
<p>Handwashing and gargling</p> <ul style="list-style-type: none"> • Children acquire the habit of washing hands, gargling, and blowing their nose. 	<ul style="list-style-type: none"> • Wait and watch how they try to do it by themselves, and give them a lot of praise when they do it to help them build confidence. 	<ul style="list-style-type: none"> • Give your child a lot of praise when they do it without being told. • It is a good idea to do it together with your child or repeatedly remind him/her to do it, to make it a habit. 

Source: Minato city [What is important at home Parents' Handbook] [How teachers should interact with children at nursery school and kindergarten, and how parents should interact with children at home.3 year olds P.18,19], Illustration position replacement



【4 year olds (First half of the year)】


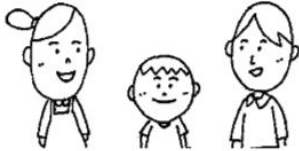
What children are like at nursery school and kindergarten	How teachers should interact with children at nursery school/kindergarten	How parents should interact with children at home
<p>The restroom</p> <ul style="list-style-type: none"> • Children can wipe their bottoms and flush. 	<ul style="list-style-type: none"> • Show the children how to wipe their bottoms and how to use toilet paper. 	<ul style="list-style-type: none"> • Check if they have wiped their bottom properly after each time they use the bathroom. If not, show how to wipe and how to use the toilet paper. 
<p>Eating</p> <ul style="list-style-type: none"> • Children at this stage can partially eat things they don't like. 	<ul style="list-style-type: none"> • Give the children a lot of praise when they eat even a little bit of the food they don't like, to help them build confidence. 	<ul style="list-style-type: none"> • Instead of mincing the ingredients your child doesn't like, encourage him/her to have at least one bite. 
<p>Tidying up</p> <ul style="list-style-type: none"> • Children understand how to put things away and start to do it voluntarily. 	<ul style="list-style-type: none"> • Help the children know how and where to put things away by using visual aids. Also, consider making it easy for the children to put things away when tidying up by thinking about the room arrangement. 	<ul style="list-style-type: none"> • Define where to put the items to take to nursery school/ kindergarten so your child can prepare for the next day by themselves.

		<ul style="list-style-type: none"> • Let your child know or decide with him/her where to put the items they can use, as well as toys and tools such as scissors. 
<p>Handwashing and gargling</p> <ul style="list-style-type: none"> • Children try to brush their teeth by themselves 	<ul style="list-style-type: none"> • Have them take a look in the mirror to see if they have something around their mouths or noses, and let them know how good it feels to be clean. 	<ul style="list-style-type: none"> • First, have your child brush their teeth by themselves in front of a mirror. After he/she does, you should finish it up for him/her 

Source: Minato city [What is important at home Parents' Handbook] [How teachers should interact with children at nursery school and kindergarten, and how parents should interact with children at home.4 year olds P.28,29], Illustration position replacement

【4 year olds (Second half of the year)】

What children are like at nursery school and kindergarten	How teachers should interact with children at nursery school/kindergarten	How parents should interact with children at home
<p>The restroom</p> <ul style="list-style-type: none"> Children can use the bathroom without making a mess. 	<ul style="list-style-type: none"> Show the children it is good manners to use the bathroom without making a mess. 	<ul style="list-style-type: none"> Encourage your child to tell you when they have made a mess in the bathroom. When they do, show them kindly how to use the toilet without making a mess for the next user. 
<p>Eating</p> <ul style="list-style-type: none"> Children understand table manners and form good eating habits. 	<ul style="list-style-type: none"> Encourage the children to feel thankful for those who prepare meals for them, as well as show them the table manners and how to hold and use chopsticks. Create opportunities for them to practice using chopsticks, through a game of picking up beans using chopsticks, and/or playing house. 	<ul style="list-style-type: none"> It is a good idea to eat with your child in a cheerful atmosphere, while showing them how to hold chopsticks, sit still at the table, and eat. 

<p>Tidying up</p> <ul style="list-style-type: none"> • Children voluntarily put away their personal belongings. 	<ul style="list-style-type: none"> • Give the children approval for the way they try to keep the room tidy and let them know how good it feels to have everything in place, to encourage them to form a habit of tidying up. 	<ul style="list-style-type: none"> • Give your child a lot of praise when they do things by themselves. Show them that you are happy for their growth. 
<p>Handwashing and gargling</p> <ul style="list-style-type: none"> • Children become interested in their own health and growth, and voluntarily wash their hands and gargle. 	<ul style="list-style-type: none"> • Show the children how to lead a healthy lifestyle according to the season and how to prevent a cold when the opportunity arises, and see if they can wash their hands and gargle properly. 	<ul style="list-style-type: none"> • Review the habits that your child has formed before they go into the next grade, and acknowledge his/her excitement about becoming older. <p><i>You can change clothes without any problems now. There are many things you can do by yourself. I'm happy for you.</i></p> 

Source: Minato city [What is important at home Parents' Handbook] [How teachers should interact with children at nursery school and kindergarten, and how parents should interact with children at home.4 year olds P.34,35], Illustration position replacement