

1. Bring them <sup>to school</sup> on Fridays for one term, prior to enrollment.

### Preparing Your Pre-schooler for Gurukula

10. Bring them regularly to the temple for the morning program or have it in your own home.

2. Teach them what is proper behavior in the temple room. They can learn how to offer obeisances, how to be respectful to the Deity and how to chant the prayers to the Spiritual Master, etc.. They should also learn how to respect sacred books and musical instruments and offer obeisances to sannyassis.

3. Teach them to gradually sit through Bhagavatam class.

4. Teach them to be kind and respect others. Be consistent in teaching them to say please and thank you.

5. Regulate their eating and sleeping habits. Feed them a standard devotee diet of dahl, rice, chapattis. Avoid foods cooked by non-devotees, especially grains. Teach them to sit while taking prasadam. Teach them the prasadam prayer.

6. Teach basic cleanliness- keeping fingers out of their mouths, washing hands before and after taking prasadam and after passing. Discourage unclean habits such as nail biting, picking nose, etc..

7. Teach them how to put on their shoes, zip or button coat, etc.. Can he manage his possessions?

8. Talk to your child about starting school, what it will be like, etc.. What is his attitude? Does he want to go? (Remember- school is more than just reading, writing and arithmetic-it's a lifestyle!)

9. If there is a good, Krsna Conscious pre-school program in your area- take advantage of it! It will not only give your child a chance to learn and do projects, it will give him a chance to work on developing social skills. = Fridays

10. Read to him often. Some library books (those that teach ABC's, colors, etc. are okay but the emphasis should be on Krsna and His pastimes.

11. Avoid exposing the child to non-devotional TV, videos and toys. Srila Prabhupada said, "To artificially impose sense gratification on a young child is the greatest violence."

12. Talk to the Kindergarten teacher. She can tell you what her curriculum is and may suggest activities which can help develop the fine-motor coordination needed for writing skills. ; working with seed beads  
Sewing cards

13. Teach your child how to follow instructions. Be consistent. Teach them not to interrupt while someone else is talking.

14. Talk to other parents who have had pre-schoolers.
15. Before your child starts school, give him a thorough physical examination which includes having his hearing and vision checked.
16. Finally, let your child have ample playtime. The playing propensity is a very strong drive in a child of this age and he needs time to satisfy that drive.

Here are some additional skills that may be taught:

- a. how to play co-operatively, share and get along with others
- b. how to express his ideas and needs
- c. how to communicate his needs to others
- e. how to take care of his self (self help skills) without being told
- f. how to control his impulses (for example- not hitting others or interfering with their work)
- g. how to develop an attention span which allows him to stay seated for a reasonable amount of time *15 to 20 min*