The PEI Link

October 2026



Ready to learn.

A new school year brings new people, places, and expectations. Familiar routines can make those changes easier by helping children understand what comes next.

Daily activities, such as getting dressed, eating breakfast, preparing for school, and following a consistent bedtime routine, give children opportunities to build independence, communication, and everyday skills. These routines can also reduce stress for the whole family.

Start with one or two steps and practice them regularly. Picture schedules, simple reminders, songs, or timers may help your child move from one activity to the next. Notice your child's effort and celebrate progress, even when a routine is still developing.

Reading, talking, and playing together also support preschool success. Ask questions about a story, invite your child to help with everyday tasks, and practice skills such as taking turns, asking for help, and cleaning up.

Each child learns at a different pace. With encouragement, practice, and predictable routines, children can begin the school year feeling supported and ready to grow.

Upcoming Events

Oct. 27
LICC Meeting

Oct. 30
No School

Nov. 23-30
No School

> *Simple routines can help children feel secure, confident, and ready to learn.*

BEHAVIOR BITS

Support positive behavior at home.

Children learn routines through clear directions, practice, and encouragement. Choose one routine to teach, break it into small steps, and show your child what to do. Practice when everyone is calm, and offer specific praise, such as, "You put your backpack by the door."

If a routine is difficult, consider whether a picture, reminder, choice, or shorter direction would help. Consistency matters, but flexibility is important, too. Adjust the routine as your child's needs and skills change.

Helpful Resources

- Routines and Schedules – How to Help Your Child Have a Successful Morning
- Transition Visual Cards
- Teaching Your Child to Become Independent with Daily Routines

FAMILY TIPS

Practice routines for a smoother school day.

Create a morning checklist.

Use pictures to show steps such as getting dressed, brushing teeth, eating breakfast, and getting ready to leave. Let your child mark each step as it is completed.

Use first-then language.

Make transitions more predictable with a simple statement, such as, "First, clean up. Then, we play."

Practice getting ready.

Invite your child to put on a backpack, coat, and shoes, gather belongings, and walk to the door, even on days without school.

Follow a bedtime routine.

Use the same sequence each night, such as bath, pajamas, brushing teeth, a story, and bed.

Give transition warnings.

Before changing activities, offer a short warning. A timer, song, or visual cue can help your child prepare for what comes next. These routines can also reduce stress for the whole family.

Contact Alicia Sebastian Behavior Support Specialist, PEI alicia.sebastian@aiu3.net

FAMILY RESOURCES

Explore local organizations that support learning, child care, and family connections.

Hello Neighbor

Hello Neighbor supports immigrants and refugees with culturally responsive programs and services. Staff members and interpreters represent many languages and lived experiences, helping families access support in ways that feel welcoming and understandable.

Visit Hello Neighbor

Parent to Parent of Pennsylvania

Parent to Parent connects families of children and adults with disabilities or health care needs with other families who have traveled similar paths. Trained peer supporters offer encouragement and understanding.

Visit Parent to Parent

Reading Ready Pittsburgh

Reading Ready Pittsburgh helps families build a love of reading by increasing access to books and encouraging family book sharing.

Visit Reading Ready Pittsburgh

Early Learning Resource Center Region 5

ELRC Region 5 helps Allegheny County families find child care, explore child care tuition assistance, and connect with early learning resources.

Visit ELRC Region 5

304 Wood St., Suite 400, Pittsburgh, PA 15222

412-350-3577



For assistance with resources, contact Marsha Androsik

Preschool Service Coordinator for Family Support marsha.androsik@aiu3.net

GET CONNECTED

Creating a stronger link between home and school

Early Intervention Technical Assistance Portal (EITA)

EITA supports families statewide by strengthening the quality of Early Intervention services through training and resources.

Subscribe | View events

Keep Current

Stay connected with your child's PEI services on Keep Current. Access IEPs and evaluation reports, review session notes, and sign forms. Need help logging in? Contact your child's team.

mykeepcurrent.com

Local Interagency Coordinating Council (LICC)

The LICC unites families, professionals, and community members to strengthen Early Intervention for young children with developmental delays and disabilities.

412-689-5849 | marsha.androsik@aiu3.net

The next meeting is October 27, 2026. Visit the LICC website to register.

Pennsylvania State Interagency Coordinating Council (SICC)

The SICC is a governor-appointed council that works with the Departments of Health, Education, and Human Services to ensure Early Intervention services are available and coordinated for children and families.

To receive updates and register for meetings, email RA-PWSICC@pa.gov.

Family Meet & Greets are held the first Thursday of every other month from 11:30-12:30. Get more information.

KNOW YOUR RIGHTS

Procedural Safeguards

You can find the Procedural Safeguards anytime in your Parent Library on Keep Current, or request a copy from our office. If you have questions or concerns about your child's services, talk with your child's teacher or therapist – or call our office to connect with a PEI Supervisor.

Contact PEI 412-394-5986 PEI website