

Preparing Your Child for Kindergarten

Ways To Help Your Child Be a
Successful Student!



Welcome

Welcome to Kindergarten!

Below we offer information and suggestions on getting ready for kindergarten. The step from home to school is a big one for your child. Your kindergartener is beginning a new adventure when he/she enters kindergarten.

For your child's well being, it is important that both the home and the school help your child to feel at home in his/her new surroundings. If your child has a moment of reluctance, relax. Your child may need time to get used to all the newness. Your child will soon find out kindergarten work is FUN, ADVENTUROUS AND MEANINGFUL. On the first day of school, children should be taken to the kindergarten room by the parent or caregiver. Your child's teacher will let you know when it is an appropriate time for you to say "Goodbye". School newsletters are sent home regularly to keep you informed of kindergarten and school activities.

Our kindergarten program offers the opportunity to grow physically, academically, emotionally, and socially by working together with other children. Kindergarteners will be engaged in meaningful language experiences in small and large groups which include: phonemic awareness and phonics, shared reading, guided reading, number and problem-solving math, science experiences, music and visual and performing arts.



School Readiness Skills List

This list is a general guideline. Children develop at different rates.

This list is meant to help you discover which skills you may need to help your child learn.

If you have concerns about whether your child is really ready for school, you should contact the school.

Reading Readiness

- Has been read to often
- Recognizes first name
- Looks at books
- Can turn pages of a book
- Knows words, not pictures, are read
- Names objects in books
- Knows some rhymes, poems, and songs
- Talks about what happens during the day
- Sees you reading



Colors and Shapes

- Knows and names many colors (red, blue, green, yellow, orange, etc.)
- Knows basic shapes (square, triangle, circle, rectangle)



Writing Readiness

- Holds crayons or markers like a pencil
- Familiar with letters/numbers
- Sees you writing



Social Readiness

- Can be away from parents without being upset
- Listens to, remembers, and follows one and two step directions. (Please close the door and bring me the book.)
- Knows body parts (head, fingers, elbow, etc.)
- Dresses self
- Can stay on task
- Shares with others
- Knows that adults have authority
- Maintains self-control

Numbers Readiness

- Knows age
- Knows numbers 1-5 by sight
- Understands that numbers mean quantity (I want 2 toys)
- Counts out loud to 10
- Counts groups of objects from 1 through 5
- Knows bigger and smaller
- Can put things in order from small to big and big to small
- Knows same and different
 - Able to group items that are the same
 - Understands opposites: hot/cold, fast/slow, in/out
- Understands "where" words



Motor Skills

Large Motor

- Can follow the leader and walk, run, hop, jump, march
- Jumps on two feet
- Can balance on one foot to a count of 5
- Kicks a large ball
- Catches big ball with two hands

Small Motor

- Draws and colors beyond scribbling
- Cuts with scissors
- Can zip, button, and snap
- Completes simple puzzles
- Plays with dough or clay

School Readiness Skills List

This list is a general guideline. Children develop at different rates.

This list is meant to help you discover which skills you may need to help your child learn.

If you have concerns about whether your child is really ready for school, you should contact the school.

Life Skills Readiness

- Understands rules, limits, and routines
- Can share and take turns
- Knows basic manners (hello, good-bye, please, thank you)
- Has respect for objects and people
- Shows concern for others
- Can talk about his/her feelings
- Can solve problems in some situations



Health and Safety

- Knows first/last name
- Takes care of own toilet needs
- Washes and dries hands before eating and after using toilet
- Knows how to use tissue
- Knows not to hurt him/herself or others
- Follows simple safety rules "Stove is hot. Don't touch."
- Knows to tell someone else not to do dangerous things - e.g. "Don't throw rocks."
- Has set routines at home such as bedtime, bath time, brushing teeth

Music and Art

- Draws pictures and tells stories about pictures
- Marches and moves to music
- Draws pictures of her/himself with about 10 body parts
- Recites rhymes and sings songs



School Readiness

Here are some ways you can help your child with school readiness skills.

Colors and Shapes

- Talk about colors with your child, make a list of what is green, red, etc.
- Play color games like 'Red Light, Green Light', Candyland, Trouble, I Spy, sing songs and poems about color: Brown Bear, Rainbow Song.
- Have children find shapes: circle-cookie; square-napkin; triangle-tortilla chip; rectangle-door.
- Cut out shapes from magazines.



Number Readiness

- Talk about child's age and count together from 1 to their age.
- Sort objects such as cars, rocks, or blocks by color or size.
- Walk with your child indoors or outdoors and collect objects such as leaves, shoes, keys, and count objects with your child.
- Point out numbers when you see them in stores, newspapers, or on signs.



Reading Readiness

- Enjoy reading and telling stories to your child daily (e.g. tell stories in the car, read before bed).
- Say rhymes, poems, and sing songs with your child (e.g. Jack & Jill; Twinkle, Twinkle Little Star; Itsy Bitsy Spider).
- Let your child see you reading (turn off the TV!)
- Label your child's books and toys so he/she will learn to recognize his/her name.
- Take your child to the library and share a joy for reading.

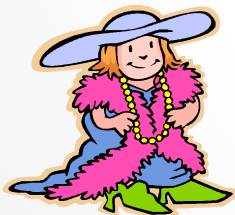


School Readiness

Here are some ways you can help your child with school readiness skills.

Life Skills

- ❑ Provide dress-up clothes for pretend play, choose things that zip, button, and snap (visit thrift stores for low cost clothing).
- ❑ Have your child help with family chores such as setting the table, sorting laundry, etc.
- ❑ Show your child how to respect people and objects.
- ❑ Have special family nights (No TV Night, Talk Time, and Game Night).



Writing Readiness

- ❑ Have markers or crayons & blank (unlined) paper at home, set aside time for drawing and writing.
- ❑ Have your child tell you a story or talk about a picture, write down what your child says & read it back to him/her



Motor Skills

Large Motor Skills

- ❑ Visit a park or playground, encourage your child to run, climb, and jump.
- ❑ Play with different size balls with your child.

Fine Motor Skills

- ❑ Make and play with playdough.
- ❑ Do puzzles with your child.
- ❑ Draw with crayons, markers, chalk, and finger paints.



School Readiness

Here are some ways you can help your child with school readiness skills.

Health and Safety

- ❑ Model non-violent ways to solve problems (use kind words, no yelling, hitting).
- ❑ Have your child help care for pets or plants.
- ❑ Put a picture chart of daily activities on fridge & use stickers to keep track.
- ❑ Use puppets, dolls or stuffed animals to show how to wipe parts of the body, use tissue, & wash hands.
- ❑ Talk to your child about healthy foods when shopping, cooking & eating.



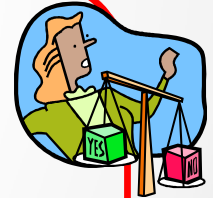
Music and Art

- ❑ Have your child listen to different kinds of music.
- ❑ Dance with your child.
- ❑ Have different art materials like glue, scissors, old magazines, and paint for your child to use to show their feelings.
- ❑ Look for art & listen to music around town.
- ❑ Point out the beauty in the world.



Social Readiness

- ❑ Show photos & talk about family members.
- ❑ Give your child 2 or 3 choices for clothes, food, etc.
- ❑ Make up songs about parts of the day like cleaning up songs, bath time songs.
- ❑ Have a routine for saying goodbye and hello.
- ❑ Play Simon Says & give your child 2 things to do, "Put hand on head & jump up & down."



School Readiness Worksheet - some things to try

- Sing ABC song and point to the letter.
- Ask your child to find the first letter of her/his name.
- When practicing writing the alphabet, be sure to start at top of the letter and write top to bottom.
- Schools teach manuscript or D'Nealian letters. Find out which your school teaches.

Capital Letters

(These letters are in Manuscript)



A B C D E F G H I

J K L M N O P Q

R S T U V W X Y Z

School Readiness Worksheet - some things to try

- Have your child trace letters with a finger.
- Compare capital letter and lower case letter pages, example:

Lower Case Letters

(These letters are in Manuscript)

a b c d e f g h i j k

l m n o p q r s t u v

w x y z



School Readiness Worksheet - some things to try

- Count out loud and point to the numbers.
- Count out objects (pennies, crayons) and ask your child to find the number.

Numbers

1 2 3 4 5

6 7 8 9

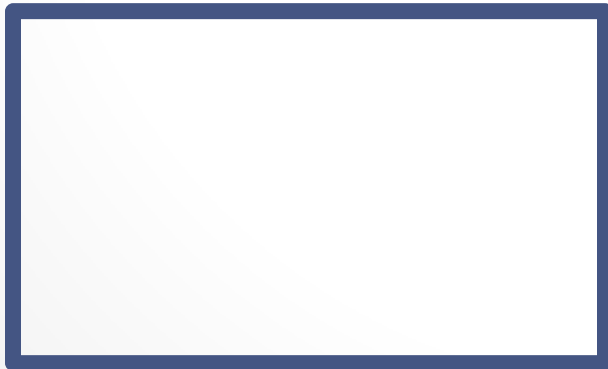
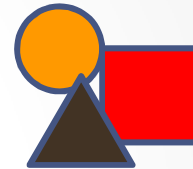
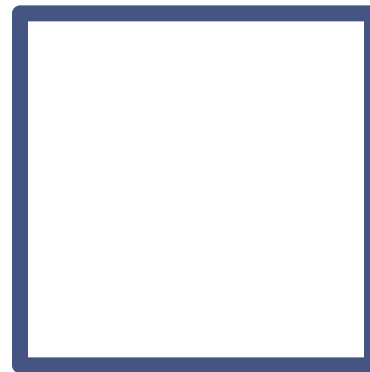
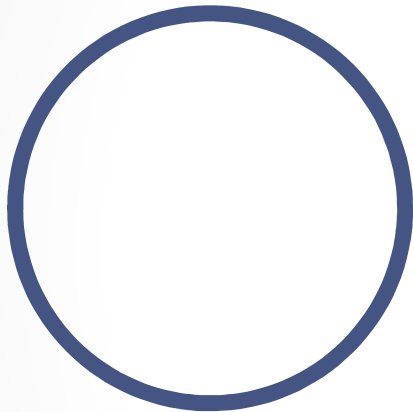
10



School Readiness Worksheet - some things to try

- Point to shapes and let your child complete phrases, example:
"A circle is round like a _____." (ring, penny)
- Talk about where you see the shapes in the world: a square window, a triangle road sign.

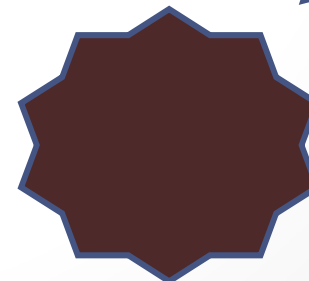
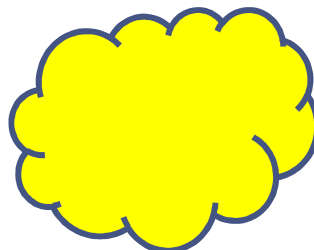
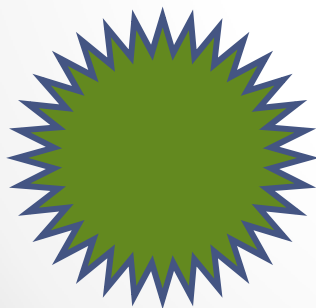
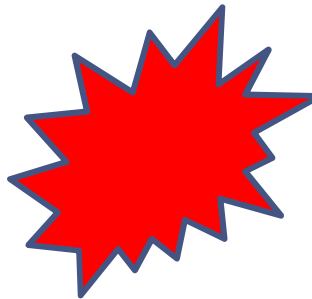
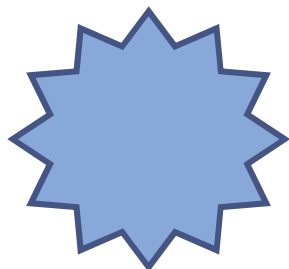
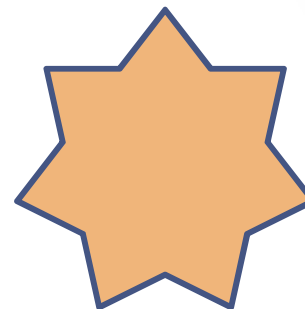
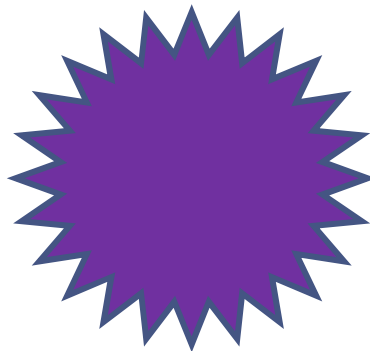
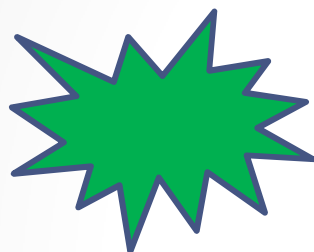
Shapes



School Readiness Worksheet - some things to try

- Point to colors and name them.
- Ask your child to think of their things that are the same color.

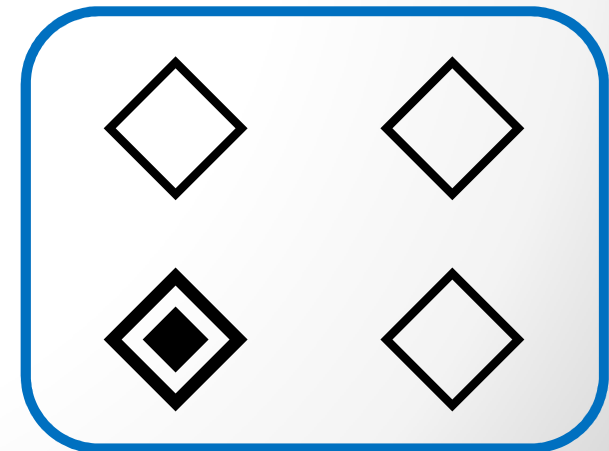
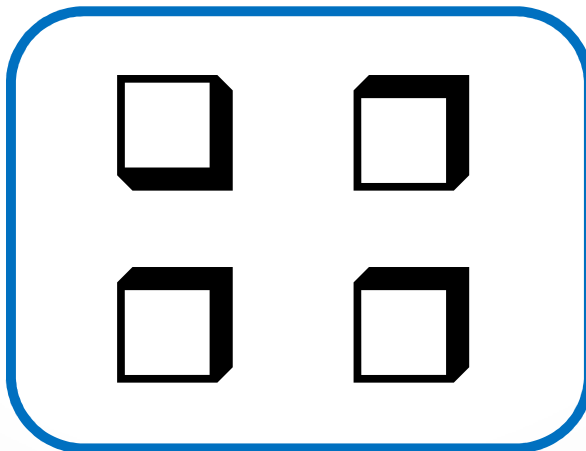
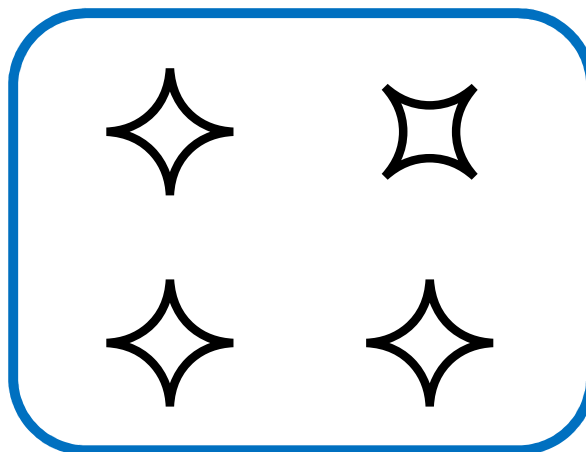
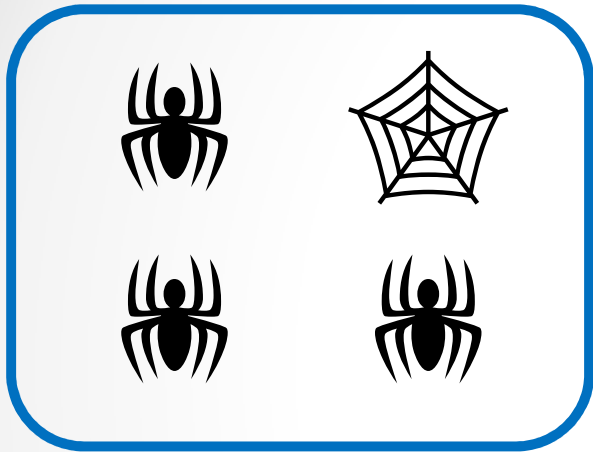
Colors



School Readiness Worksheet - some things to try

- Ask your child to point to the thing that is different in each square.
- Ask your child why it is different.

Same & Different



School Readiness Worksheet - some things to try

- Have your child point to a picture and then move that part of their body.
- Point to a picture and then ask what that part of the body does, example: "What does the mouth do?" "Smile, eat, sing, kiss, talk, whisper."

Parts of the Body

eyes



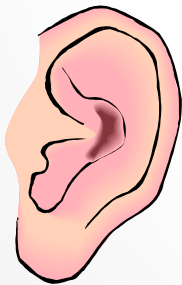
feet



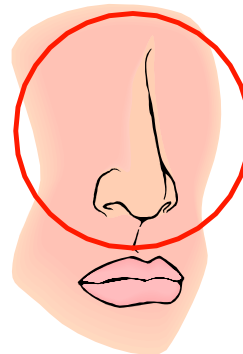
mouth



ear



nose



hands



School Readiness Worksheet - some things to try

- Write your child's name and have him/her try to copy it.
- Use a capital letter for the first letter and lowercase letters for the rest.

Write Your Name

