

How Can I Help at Home to Get My Child Ready for Kindergarten?

Recommendations from the K/1 Teachers at Steele

1. Build a positive foundation for literacy

- ✓ Encourage a positive attitude with books by reading to your child frequently with a special routine (special time of day, special chair, take turns picking a book)
- ✓ Ask your child to name things in the pictures that begin with certain letter sounds such as "Show me something in the picture that starts with /b/"
- ✓ Have your child practice identifying upper and lower case letters out of alphabetical order
- ✓ Bring awareness to text all around them by reading signs, reading recipes, cereal boxes etc.
- ✓ Take your child on trips to your local library to check out a variety of books
- ✓ Have your child practice writing their first name

2. Establish a regular bedtime and morning routine

- ✓ Sleep is important for successful learning
- ✓ Set an age appropriate bedtime (eg. 7 or 8 p.m.)
- ✓ A few weeks before school, try to practice waking up at a certain time and getting ready for school (getting dressed, eating breakfast, checking backpack, packing lunch)
- ✓ It is important to see how long your child needs to get ready for school so they are

3. Encourage social interactions before the beginning of the year

- ✓ Schedule playdates where your child can practice sharing, talking, cooperating, listening...
- ✓ Have your child participate in a group activity (eg. Read aloud time at library) where they can practice sitting for 10 or more minutes and actively listen and follow directions
- ✓ Practice turn taking with talking, maybe at the dinner table or with a story, alternating between being the listener and the speaker

4. Encourage Independence

- ✓ Give your child opportunities to make choices
- ✓ Encourage your child to help around the house such as making his or her bed, putting dishes away etc.
- ✓ You can give your child a morning job/chore/to do list so they can practice following multi step directions similar to what will be expected in Kindergarten morning routines like taking out lunch box, putting away backpack, moving lunch card etc.
- ✓ Have your child practice cutting out simple shapes with scissors (this will help develop fine motor skills too)

5. Encourage Problem Solving Skills

- ✓ Encourage your child to talk about problems and finding resolutions
- ✓ Encourage your child to solve his/her problems with siblings or play mates
- ✓ Encourage your child to think about what they could do differently next time if they make a mistake or have a social conflict

6. Don't forget to have fun!

- ✓ Remember to enjoy these experiences, if they feel like a job, mix it up or take a day off
- ✓ Make sure to celebrate your child's successes, it's more fun to celebrate than get frustrated and everyone responds better to positive reinforcement
- ✓ Spend lots of quality time together and practice listening to each other. This is an opportunity to really be a part of your child's life. Before you know it you'll embarrass them by saying hello...