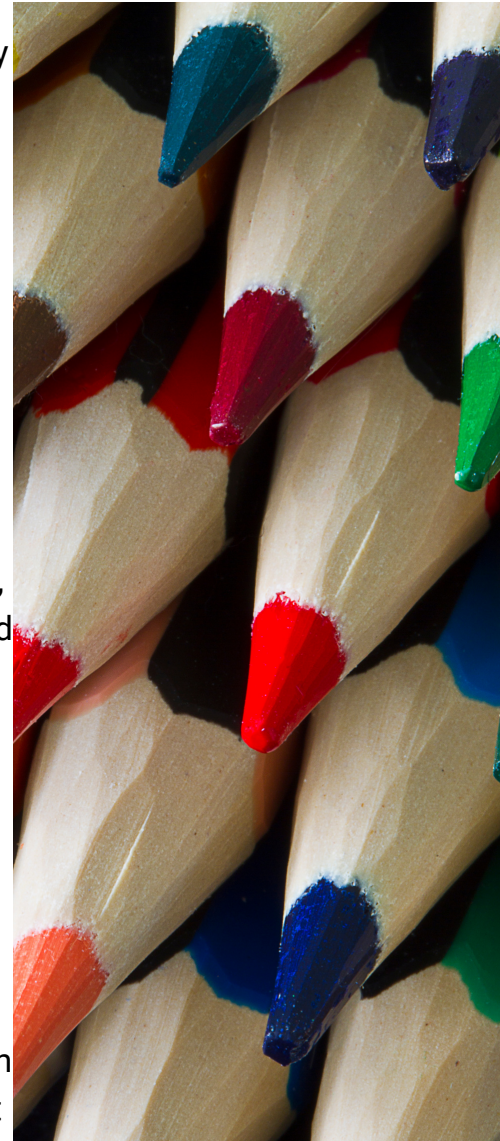


Kindergarten Readiness

Starting Kindergarten is a big step for our little ones! And parents play a very important role in making sure children are ready for their first day of school.

Here are a few things you can do to set them up for success:

- Prioritize good health- make sure your child is getting adequate sleep (10-12 hours per night), healthy food and lots of exercise each day.
- Wellness visits- see your family doctor to assess their growth and development. It is also a good time to visit the dentist, eye doctor, audiologist and make sure they are caught up with their scheduled immunizations.
- Read! Making reading a book together a part of your daily routine. This encourages increased vocabulary, helps increase their attention span and strengthens your bond together.
- Encourage play- This is the best way to learn!
- Find learning opportunities- search for letters they recognize when you are out shopping, observe bugs outside, play 'I Spy' and count together every chance you get!
- Prepare for the first day- visit their new school grounds to play on the playground, talk about their new class, learn the teacher's name, practice zipping up their new backpack and putting on their indoor shoes.



Continued.....



Kindergarten Readiness

Kindergarten is a busy place and your child will need to be independent with many of their self-help skills.

Practice these basic skills before starting Kindergarten:

- Know and recognize their first and last name.
- Be completely toilet trained and independent with clothing and handwashing.
- Identify and manage their own belongings.
- Put on and manage winter gear.
- Open lunch containers and feed themselves.
- Understand that they need to listen to the teacher and follow instructions.
- Can self-regulate and articulate emotions.
- Can play cooperatively with other children.
- Can sit, listen quietly to a story and follow a plot line.

Other skills you can practice to help them be ready to learn:

- Hold a pencil correctly and form letters.
- Hold scissors correctly and cut paper.
- Morning routine to get out the door on time.
- Follow directions for crafts, games or other activities.

Most of all, this is a great time to remind your child of their strengths and how they are growing up to be so smart, capable and ready for school!

