

# Kindergarten

## What Can You Do to Help Your Child Prepare?

### Practice sharing:

- Arrange play dates
- Play board games

### Set a routine:

- At least a week before school begins, start going to bed at a normal time for a school night. Have your child get up, dressed, and fed the way you expect them to on a school day

### Teach the importance of listening:

- Look at who is talking
- Do not interrupt
- Think about what is being said

### Show your child the importance of learning, by learning at home:

- Letter play (uppercase, lowercase, sounds)
- Reading with your child and asking them questions about what was read
- Sorting
- Counting

### Encourage independence:

- Encourage persistence in a task. Encourage your child to calmly ask for help when they cannot find a solution to a problem
- Leave your child with a trusted adult for a few hours at a time
- Have your child dress themselves when going outside
- Expect your child to clean up when they are finished playing

### Invite questions:

- Give your child confidence to ask questions. Let them know that it is okay to tell an adult if something is hard to understand

### Develop young muscles:

- Play with play dough, use child scissors, lace beads, print name, play with puzzles, etc.
- Play outside often engaging in running, jumping, climbing, playing with a ball, etc.