

How can we help our child be prepared for kindergarten?

There are many simple things that you can do to help your child be prepared!

Build Confidence ~ encourage your child to independently....

- Learn to use the washroom (including; wiping, flushing, washing hands).
- Using tissues and covering their mouths when coughing and sneezing
- Practice dressing themselves, including zipping up coats and fastening pants.
- Practice taking on and off indoor shoes, using backpacks (i.e. putting their lunch bag in, zipping and unzipping)
- Practice opening containers and packaged snacks independently
- Encourage them to clean up after they are finished eating
- Putting away toys after using them

Build Language Skills

- Read books as often as you can. Talk about the pictures and try making some predictions. Ask them to join in when reading familiar stories.
- Following one and two-step directions
- Singing songs with patterns, rhymes or help them remember things by rote
- Encourage your child to discuss their play (what characters they are being, roles they are taking on, how they solved any problems.
- Practise recognizing environmental print (symbols and words all around them like the McDonalds or labels in the grocery store)
- Play with letters using chalk, magnets or cutouts from a newspaper. Try to circle, draw or find the letters in their name or any beginning sounds they may know

Build Math Skills

- Practise counting objects aloud (eg: toys, table settings for a meal)
- Point out or discuss numbers in everyday situations (eg: house number)

Build Fine Motor Skills

- Offer lots of opportunity to draw, colour and explore arts/crafts and use scissors

Building Routines

- Try to have consistent bedtime and wake up routines
- Talk about what they can expect during their day at school

***Remember:** children do not all learn and develop at the same pace.
We will meet your child's needs at their own developmental level!*