

PREPARING YOUR CHILD FOR KINDERGARTEN

SOCIAL/EMOTIONAL DEVELOPMENT



- Encourage your child to persist with tasks when faced with a problem .
- Encourage seeking help only once they try to solve the problem and a solution cannot be found.
- Play board games... it helps to practice turn taking.
- Set the expectation that your child is to tidy up after playtime.
- Help your child to put words to feelings he/she may be experiencing.

LANGUAGE DEVELOPMENT

- Encourage your child to talk, question, and discuss!
- Verbally give your child one and two-step directions and expect to follow through.
- READ to your child for 10-15 minutes a day. Point to the words while reading.
- Ask your child to predict what the book is about, what will happen next, favourite character, etc.
- Encourage and praise any attempt at “pretend reading”.
- Encourage creative drawing.
- Provide plenty of paper, pencils, crayons, markers and paint!
- Encourage your child to tell you the story of the picture drawn.
- Have your child practice printing their name using the proper upper and lower case letters.
- Introduce the letters and sounds associated with those specific letters.



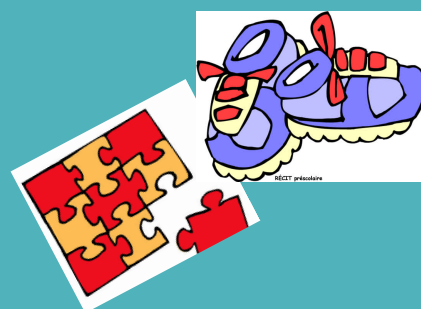
COGNITIVE DEVELOPMENT



- Sort items by colour, size and shape.
- Create patterns with your child (blue, red, blue, red)
- Practice counting aloud to 20.
- Count objects in your house.
- Find shapes of items at the grocery store.
- Discuss opposites (soft/hard, big/small....)
- Keep a calendar – talk about days of week, time of day, upcoming events...
- Make cards
- Cook together

PHYSICAL DEVELOPMENT - FINE & GROSS MOTOR

- Run, jump, climb
- Play catch
- Stack blocks
- Skipping
- Puzzles
- Beading
- Playdough
- Use scissors



BUILD INDEPENDENCE



- Play and explore in the yard.
- Dress independently (Velcro and elastic waistbands help in this process!)
- Washroom routine should be independent.
- Eating (make sure that containers can be easily opened)
- Show excitement about your child starting school.
- If your child has never been away from you for an extended period of time try introducing this in small steps prior to school starting. This will help make the transition to school easier.

CHILDREN'S BOOKS ABOUT STARTING SCHOOL

- I am Too Absolutely Small for School (Lauren Child)
- First Day Jitters (Julie Danneberg)
- The Kissing Hand (Audrey Penn)
- Chu's First Day of School (Neil Gaiman and Adam Rex)
- Little School (Beth Norling)
- Pete the Cat: Rocking in my School Shoes (Eric Litwin)
- Wow! School! (Robert Neubecker)
- The Berenstain Bears – Go to School (Stan and Jan Berenstain)

