



### **Skills Children Should Bring To Kindergarten:**

- Say first and last name
- Recognize his/her name in print
- Say birthday and age
- Recognize some letters and numbers (0-10)
- Recognize and name some colors
- Count to 10
- Count five objects
- Recite the ABCs
- Tell a story about a picture
- Communicate needs in a simple sentence
- Able to wait his/her turn and shares
- Follow two-step instructions
- Listen to others
- Attend to a story being read aloud
- Snap, zip and button jacket (and other clothing items)
- Care for toilet needs independently
- Be able to separate from parents for 2-3 hours without being upset
- Experience drawing with crayons and pencils
- Experience using scissors
- Experience playing with clay or play dough
- Bounce and catch a large ball



# Helping Your Child Succeed In School

Your child is more likely to succeed in school when you.....



## ❖ Encourage reading at home by....

- Reading to your child and encouraging him/her to share books
- Asking questions about stories you have read
- Answering your child's questions about reading and stories
- Taking your child to the public library where she/he can choose books
- Keeping books, magazines, and newspapers around the home and reading in your child's presence
- Having a variety of children's books in an area where your child can go and spend time with them.
- Tape record stories as you read them which your child can play back to read the book again by him/herself at a later time.
- Choosing some repetitive, rhythmic books. Children enjoy them.
- Encouraging your child to express a story by providing crayons, pencils, paper, and other materials and allowing your child to write a story by drawing a picture



## ❖ Spend time talking and doing things with your child by ...

- Providing a relaxed atmosphere in the home
- Speaking clearly and thoughtfully in complete sentences
- Encouraging your child to express him/herself
- Listening to your child and
- Expecting your child to listen to you
- Watch television with your child, limit the amount of time he/she watches television, and choose what is appropriate to watch.



# SUPER STUFF!

# GREAT WORK!

## ❖ Build self-confidence and independence by ...

- Showing your child that you are pleased with his successes, no matter how small
- Not showing disappointment when he/she tries and does not do as well as you had expected
- Increasing responsibilities as he/she matures
- Encouraging your child to do things for himself/herself (e.g. putting toys away, hanging up clothes, putting dirty clothes in proper place, and other simple chores around the house)

## ❖ Guide your child in the development of social skills by ...

- Talking about feelings such as anger and how to deal with them
- Supervising and playing games with him/her so that they have experiences dealing with rules and cooperative play
- Teaching respect for rights and property of others
- Encouraging him/her to share his/her toys or games with others
- Being a good model for your child: Children watch everything you do!



## **Developing Great Attitudes About Kindergarten**

As parents, you can make coming to school a happy and exciting experience by ...

- Talking about school in a positive way
- Discussing your child's feelings about leaving the familiar surroundings and relationships
- Giving your child experiences and opportunities to be interacting and working with others away from home and without you (visiting with grandparents, other relatives, friends, etc.)
- Opportunities to work and play with other children (pre-school, Sunday school, supervised play with other children, etc.)
- Not allowing older children to discourage or frighten your child

## **Helping your child to be Healthier and Stronger for Kindergarten**

Encourage your child to ...

- Have a good healthy diet, including a good breakfast (Please insist on nutritious and wholesome foods and avoid Junk Foods!)
- Get plenty of sleep each night - the recommended amount of sleep for 4, 5 and 6 year olds is 10 - 12 hours per night!
- Properly use a tissue and cover sneezes and coughs - and learn how to blow his/her nose
- Properly care for himself/herself at the toilet: How to flush and wash hands
- Know the importance of washing hands properly before eating
- Learn how to put on and remove outdoor clothing, including shoes and boots.
- Learn to button or zip his/her coat, jacket or sweater and hang it up properly.
- Learn how to turn his/her jacket or sweater right side out if necessary

## **Helping Your Child To Be Safe**

Your child will be safer if he/she ...

- Learns to cross streets carefully
- Knows what to do if he/she comes home and no one is home
- Knows where to stand and wait for the bus
- Knows good bus safety rules
- Knows his/her bus number and letter
- Learns his/her address and phone number
- Learns how to avoid strangers
- Keeps fingers and objects out of his/her mouth
- Wears footwear that is comfortable and not dangerous when he/she is running, jumping, and playing on the playground and equipment