

15 WAYS TO PREPARE YOUR CHILD FOR KINDERGARTEN

1. Talk with your child often. Tell stories, sing songs, tell jokes, rhyme. Talk about what you see and do.
2. Read to your child daily. Visit the library & let your child choose books to check out.
3. Teach the ABC's.
4. Count together. Use words like "more/less" "bigger/smaller." Talk about what happens when you take away or add.
5. Explore shapes, colors, patterns. Play sorting and matching games.
6. Encourage coloring and scribbling. Practice cutting with safety scissors. Practice writing name.
7. Before school begins, learn a little bit about it and ask to meet the teacher (if the school is not planning a meet & greet before school starts).
8. Help put your child at ease. Discuss what the school day may be like. Let your child know it's ok to be nervous. Be positive! Try to arrange play dates with future classmates.
9. Practice following instructions. Give your child chores to teach responsibility.
10. Work on how to make friends. Teach how to share, take turns, say "please" and "thank you." Teach good table manners.
11. Use routines. Bedtimes. Meals. Laying out clothes the night before.
12. Physical activity. Run, dance, play catch. Limit television viewing.
13. Teach good hygiene. Teach your child how to use the restroom without help. Wash hands. Cover mouth when coughing and/or sneezing.
14. Teach safety. Make sure your child knows her/his full name, address, phone number, and how to contact you.
15. Make sure your child is up-to-date on immunizations.

Adapted from www.ed.gov/parents