

Getting Ready for Kindergarten

Developing Social/Emotional Skills at Home

- ☺ Encourage your child to dress him/herself each morning.
- ☺ Encourage your child to use good table manners while at the table. (Say please and thank you. Use proper utensils.)
- ☺ Use meal time and car rides to encourage conversations
- ☺ Encourage your child to express him/herself with words. Identify how they are feeling and discuss solutions.
- ☺ Allow children to experience and resolve problems. Let them try to solve it before offering suggestions.
- ☺ Prepare your child for transitions and routines (use a timer) so that they are not rushed
- ☺ Practice 2 step directions. First..., then..... Ask your child to repeat the directions back to you.

Developing Academic Skills at Home

- ☺ Read books with rich vocabulary
- ☺ Write your child's name on items
- ☺ Play rhyming games. Pick a word and see if they can come up with a word that rhymes
- ☺ Count items in your house, or steps as you walk
- ☺ Go on a scavenger hunt for shapes
- ☺ Sort items into categories- small/big, colors
- ☺ Go on a number hunt or letter hunt around the house. Use packages, cereal boxes
- ☺ Practice counting out loud as high as they can. By the end of Kindergarten are goal is 100 with no mistakes!
- ☺ Encourage using playdough, scissors, clothespins, staplers to strengthen their muscles in their hands for writing
- ☺ Read printing all around you (Signs, Foods, labels, names of family members)

How that helps at school:

Coping Skills

- ☺ Follows rules and routines
- ☺ Manages changes in activities
- ☺ Demonstrates age appropriate self-help skills

Respects others

Expressive Language Skills

- ☺ Communicates with peers and adults
- ☺ Communicates personal needs
- ☺ Seeks help to address academic needs

Receptive Language Skills

- ☺ Listens and large and small groups
- ☺ Follows multi-step directions

Attention and Focus

- ☺ Sustains attention for 10-15 minutes for both adult directed and self-directed activities
- ☺ Exhibits impulse control

How this helps at school:

- ☺ Identifies basic colors
- ☺ Child recognized his/her name in print
- ☺ Counts 10 objects
- ☺ Rote counts to 100
- ☺ Identifies shapes (circle, triangle, rectangle square, hexagon)
- ☺ Understands how to hold a book
- ☺ Identifies some letters
- ☺ Holds a pencil, scissors with appropriate grasp
- ☺ Understands the sounds of some letters