Kindergarten Tips

Is Your Child Ready?

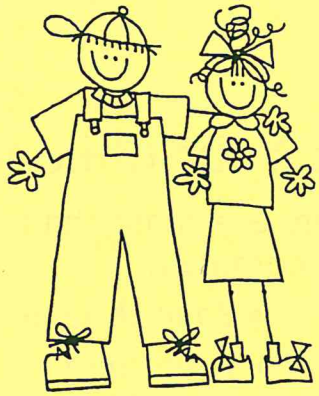
Here are some characteristics that are important for success in Kindergarten:

- Your child enjoys being with others
- Your child can follow simple rules and instructions
- Your child can stay with an activity for 15 to 20 minutes
- Your child feels comfortable away from home
- Your child identifies some colors and shapes, letters, and numbers
- Your child draws simple figures
- Your child enjoys listening to stories and discussing them

Help your child succeed in school

1. Read aloud to your child each day and discuss the story.
2. Talk to your child about things around you and what you are doing.
3. Count objects and look for patterns.
4. Point to numbers on signs, houses or in books.
5. Ask your child to point to pictures as you identify the pictures.
6. Make sure your child sees you read and write.
7. Write, spell, display, and point out your child's name often.
8. Encourage letter and sound identification.
9. Point out words.
10. Help your child recognize and name numbers and recognize basic shapes and colors.
11. Encourage your child to draw pictures and to write stories.

Successful Start



As your child's first teacher, you have been there to help your child find success. Now that your child is entering school, get involved by attending open house and conferences, by volunteering, and by staying in contact with your child's teacher.

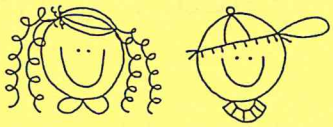
Help Your Child to do Well at School

- Expect your child to be successful in school.
- Help your child understand the importance of going to school everyday.
- Discuss with your child the importance of taking pride in their work.
- Ask your child questions about what he/she is learning and doing. Encourage your child to give you lengthy answers.

Work With Your Child's Teacher

- Work with your child's teacher to help him/her want to learn, become more confident, and be successful in school.
- Tell your child's teacher about any special needs that your child may have. Share useful information so that you and your child's teacher are aware of what is happening at school and at home.

Social and Emotional Health



All parents and caregivers want their children to grow up to be responsible and caring adults. We want them to show respect for themselves and to others. To accomplish this, children need to have support from their parents.

Help your child be socially and emotionally healthy by—

- Teaching them responsible behavior by following simple directions. As your child helps with family chores, it is important for him/her to learn to work well alone, and to complete tasks independently.

- Pointing out responsible behavior in everyday situations. Share your moral and religious values with your child. Show respect and compassion for others when they are suffering.

- Reading stories together that teach lessons: the value of persistence from "The Little Engine That Could", and patience from "Leo The Late Bloomer".

- Talking about difficult decisions. Help your child understand how choices that they make will affect them and others. Emphasize honesty, and courage to express their own beliefs.

- Providing your child with opportunities to be with other children so they can learn self-control, cooperation, and consideration of others. Agree with other parents on acceptable behavior for children's play and parties. All parents should take turns supervising to show that the standards of appropriate behavior are agreed upon.

Physical Health and Motor Skills

Children Need to be Healthy to Learn

Help your child be physically healthy by-

- Providing a balanced diet, and regular medical, dental & eye checkups.

- Making sure your child has a regular bedtime and gets plenty of rest, at least 9 hours per night.

- Establishing a routine that includes regular bathing, washing of hair, brushing of teeth, cleaning of ears, and cutting nails.

- Including exercise in daily activities. Take a walk with your child, roller skate, play soccer, basketball, baseball, or ride bikes.

Provide Play Opportunities

- Have your children run, jump, climb and play outdoors to help develop large muscles.

- Let your children work puzzles, cut with blunt scissors, scribble, color, draw, paint, stretch rubber bands, and use play dough and/or clay to develop small muscles.

- Help your child explore new things: touch objects, hear new sounds, smell and taste new foods, and watch things move.