

# KINDERGARTEN TIPS!

Here are ten easy steps to help make the transition to Kindergarten easier for you and your child:

## #1 BECOME FAMILIAR WITH THE SCHOOL

Before the first day, visit the school with your child so that the route, building, classroom and surroundings are familiar. Our schools are excited to work with you to arrange these types of visits.

## #2 BEGIN ESTABLISHING YOUR SCHOOL ROUTINE EARLY

A week before school begins, start putting your child to bed at the normal time for a school night. Then in the morning be sure to get your child up, dressed, and fed a well-balanced diet, like on a regular school morning.

## #3 ENCOURAGE POSITIVE ATTITUDE AND HABITS

Give your child responsibilities like caring for books, toys, and clothes at home. This will help your child to learn to be a positive, contributing participant in the classroom.

## #4 PROVIDE YOUR CHILD WITH OPPORTUNITIES TO INTERACT WITH OTHER CHILDREN—

Learn to share, wait, and take turns—this will help your child make friends, because that's what school is about!

## #5 HELP YOUR CHILD DEVELOP GOOD COMMUNICATION SKILLS

Teach the importance of listening and speaking. Children need to understand and practice skills like looking at who is speaking, learning to wait their turn to speak, and thinking about and understanding what is being said.

## #6 ENCOURAGE YOUR CHILD TO SPEAK AND ASK QUESTIONS

Give your child the confidence to ask questions in all situations. Let your child know that it is OK to tell the teacher if something is hard to understand or if they need help.

## #7 LEARN AT HOME!

Include learning in your child's everyday life by reading package labels, weighing produce while shopping, sorting laundry, counting dishes, or playing board games or cards.

## #8 CHOOSE CLOTHES THAT ARE DURABLE, EASY TO CLEAN & EASY TO PUT ON, TAKE OFF & FASTEN INDEPENDENTLY

Encourage your child to practice putting on and taking off their jackets, snow pants, boots, mitts, and hats. Also be sure to label everything.

## #9 STAY ACTIVE!

Give your child every opportunity to exercise and develop healthy muscles by running, climbing, or playing with a ball. Smaller hand muscles can be strengthened with Play-Doh, pencils, and crayons.

## #10 BE INVOLVED—YOU WILL ALWAYS BE YOUR CHILD'S NUMBER ONE TEACHER!

Keep in contact with the school about your child's program and progress. All children develop and learn at different rates. To support your child throughout their school career, it is important to be involved in school activities and to be connected to the school community.

Once you have registered, please watch out for emailers that will be sent to you with information to support the successful transition to Kindergarten!