

What can I do to prepare my child for Kindergarten?

- Have a vision test done (the test and glasses are free for Kindergarten students).
- Set rules and enforce consequences; it is okay to say no.
- Encourage your child to finish difficult or frustrating tasks once they have begun them. Allow your child to struggle and overcome obstacles on their own!
- Establish and commit to mealtime and bedtime routines.
- Encourage your child's independence including eating, hand washing, dressing and toileting!
- *Teach them to be problem solvers:* Try first, then ask for help. Build a bank of possible solutions.
- *Learn responsibility:* Clean up messes, learn about consequences, remember their belongings, etc.
- *Learn social skills:* Sharing, taking turns, positive words, handling anger, being flexible when we don't get what we want, etc.
- Have your child practice writing their name
- Hold and use a pencil/pencil crayon
- Use scissors (kid friendly)
- Recognize letters and numbers around them
- Read with your child
- Have them answer "wh" questions (Who? What? When? Where?)
- Use comparative language (big vs small)
- Notice and identify colors and shapes around them
- Follow 2-3 step instructions ("Get your shoes and put them on")