



# PREPARING YOUR CHILD FOR KINDERGARTEN

## Social/Emotional Development

- Encourage your child to persist with tasks when faced with a problem by giving them tasks slightly above current ability level.
- Encourage seeking help only once a solution cannot be found.
- Play board games... it helps to practice turn taking.
- Set the expectation that your child is to tidy up after playtime.



## Language Development

- Encourage your child to talk, question, and discuss!
- Verbally give your child one and two-step directions and expect a follow through.
- READ to your child 20 minutes a day. Point to the words while reading.
- Ask your child to predict what the book is about, what will happen next, favourite character, etc.
- Encourage and praise any attempt at "pretend reading".
- Encourage creative drawing.
- Provide plenty of paper, crayons, markers and paint and discuss their art.
- Have your child practice printing their name using the proper uppercase and lowercase letters.



## Physical Development-Fine & Gross Motor

- Run, jump, climb
- Play catch
- Stack blocks
- Skipping
- Puzzles
- Beading
- Playdough
- Use scissors and glue
- Colour



## Build Independence

- Play and explore outdoors.
- Your child should be able to dress independently (Velcro, and elastic waistbands help in this process!)
- Washroom routine should be independent.
- Eating (ensure containers can easily be opened).

## Children's Books About Starting School

- Pete the Cat: Rocking in my School Shoes (Eric Litwin)
- I am Too Absolutely Small for School (Lauren Child)
- First Day Jitters (Julie Danneberg)
- The Kissing Hand (Audrey Penn)
- Little School (Beth Norling)
- The Berenstian Bears- Go to School (Stan & Jan Berenstian)

