

Simple Ways to Get Ready for Kindergarten

- 1. READ.** A lot. Day and night. As you read stories with your child, ask questions such as: What do you think will happen next? Why do you think he/she did that? What was your favourite part? Be a regular visitor to the public library.
- 2. DRAW & COLOUR.** Draw straight lines, curvy lines, shapes, and people. Use crayons, markers, pencil crayons, paint and chalk. Then colour what you've drawn!
- 3. ENCOURAGE INDEPENDENCE...**in eating, dressing, self-care, and doing chores.
- 4. WRITE.** Print your child's name with a highlighter. Have him/her trace it with a pencil. Be sure he/she is holding the pencil properly and starting each letter at the top. Gradually work to him/her printing it independently.
- 5. CUT.** Kindergarten is filled with art projects. Get your child ready by giving him/her a pair of kid-sized scissors. Have him/her practice cutting paper, cardstock, and straws. (Be sure an adult is supervising.)
- 6. BE ACTIVE.** Build your child's gross motor skills by encouraging him/her to climb, run, skip, hop, gallop, roll, balance, crawl, throw, catch, kick, etc.
- 7. COUNT.** Have your child practice counting to 20 and beyond when he/she is being pushed on the swing, adding chocolate chips to cookie dough, climbing stairs, putting toys away, etc. Have him/her identify numbers in the grocery store, on signs, on license plates, and so on.
- 8. GIVE DIRECTIONS.** Help your child get ready to follow the teacher's instructions by giving 2-step directions. For example, "Please put on your shoes, and zip up your coat." Or, "Touch your toes three times, and then jump up high."
- 9. SING.** Help your child remember alphabet letters by singing the ABCs. Pick an alphabet letter, and see how many times you can find it in a book. Identify letters in the grocery store, on signs, on license plates, and so on. Introduce your child to nursery rhymes, and sing them often!
- 10. PLAY.** Play all sorts of games with your child. Model taking turns and being a good sport when winning or losing. Encourage imaginative play—build a fort, play charades, put on puppet shows, set up your own ice cream parlour. Help your child develop social skills by setting up play dates with friends. Talk about what being a good friend looks like, and how to be a good host, as well as a good guest.
