

GETTING READY FOR KINDERGARTEN

HOW PARENTS CAN HELP

SOCIAL & EMOTIONAL SKILLS

- Show me how to get along with others.
- Give me opportunities to make new friends.
- Encourage me to speak in complete sentences.
- Help me learn to follow simple routines.
- Provide times for me to be separated from you.
- Give me opportunities to take turns.
- Help me learn to maintain self-control.
- Show me how to practice good manners.
- Encourage me to listen to others without interrupting.
- Help me learn empathy for others.
- Help me learn that my actions have consequences.
- Give me opportunities to work independently.
- Give me opportunities to be responsible.
- Be sure I know words to express how I feel.

SAFETY & SELF-HELP SKILLS

- Teach me to manage my own bathroom needs.
- Teach me the names of my body parts.
- Allow me to dress myself.
- Teach me my full name, age, phone number and parent's names.
- Show me how to care for my own belongings.
- Encourage me to clean up after myself.
- Expect me to put away my own toys.

COORDINATION SKILLS

(Both large and small muscle control)

- Give me opportunities to run, jump, hop and march.
- Let me practice walking in a straight line.
- Play ball with me.
- Let me build with blocks.
- Let me practice opening and closing things.
- Show me how to fasten clothing.
- Let me practice writing my name and other letters.
- Give me opportunities to cut out simple shapes.
- Let me paste objects on paper.

PROBLEM SOLVING SKILLS - SCIENCE DISCOVERY

- Help me learn to recognize likes and differences.
- Encourage my curiosity about the world.
- Help me notice cause and effects.
- Encourage me to create collections.

Encourage me to observe nature.
Give me opportunities to experiment, make predictions and deductions.
Let me experience things using all my five senses.
Give me opportunities to help prepare snacks.
Help me learn to recognize basic colors.
Give me opportunities to weight objects.
Help me understand relationships between things.
Provide opportunities to learn spatial relationships; such as above, below and next to.

PROBLEM SOLVING SKILLS - MATH

Help me discover things that are part and things that are whole.
Help me learn to recognize basic shapes.
Provide me opportunities to sort and match objects by color, size and shape.
Point out groups to me in sets of two, three, four and five.
Play counting games with me so I can learn to count to ten.
Point out general times of the day, such as; "It's 8 o'clock, time for bed".
Show me ways to measure things, such as; with measuring spoons or rulers.
Help me understand positions, such as; First, Second and Third.
Give me opportunities to follow a pattern and put things in order.
Give me puzzles to solve with 4 - 12 pieces
Help me learn to estimate.

CREATIVITY SKILLS

Give me the opportunity and the materials to express myself through art, music, dance, cooking, construction and drama.
Help me learn to make choices.
Encourage invention and experimentation.
Let me pretend and imagine.
Provide opportunities to ponder and wonder.
Encourage my interests and talents.

LANGUAGE SKILLS

(Reading Readiness Skills)

Provide opportunities for me to learn to recognize rhyming sounds and words.
Help me to retell simple stories in sequence.
Encourage me to make up my own stories.
Demonstrate how I should read from left to right.
Teach me the letters of the alphabet.
Teach me simple nursery rhymes, songs and stories.
Teach me the sounds of the letters in my name.
Help me identify the beginning sound of some words.
Encourage me to remember some beginning sight words.
Point out opposite words.
Encourage me to "read" picture books.
Be sure that I understand common basic words.