

Getting Ready for Kindergarten

Parent Homework

Read to your child every day.

It is important for your child to see you read for pleasure and information - newspapers and magazines. Children model what they see.

Have dinner together as a family. Sit at the table and turn off the TV.

Establish bedtime routines. Have your child in bed at a reasonable hour.

Provide time to go for walks and trips to the playground. children need outdoor time to run, jump, climb, and ride bikes to develop big muscles and maintain good health.

Teach your child to be independent in dressing and using the bathroom.

Teach your child to wash his/her hands *ALWAYS* after using the bathroom and before eating food. Always using warm water and soap.

Visit the library every week. Get a FREE library card.

Readiness for Kindergarten—Some general questions to ask when deciding if your child is ready for Kindergarten.

Does your child...

- attend to a task for 10 minutes?
- listen attentively to a story for 10 minutes?
- follow a one step direction?
- take turns/share with peers at most times?
- recognize and care for his/her own belongings?
- use scissors, crayons, pencils, and brushes?
- speak in sentences?
- express his/her wants and needs?
- ask questions?
- respond to a simple question appropriately?
- identify likenesses/differences in pictures/objects?
- identify eight basic colors?
- identify basic shapes?
- recognize his/her own first name?
- sing or recite the alphabet?
- count by rote to at least 10?
- count a set of objects accurately?
- take care of own bathroom needs?
- interact appropriately with peers?
- respect the property of others?
- work in a group?
- complete a task with minimal prompting?
- finish one activity before starting another?
- show interest in learning letters/sounds/words?
- recognize some environmental print?
- enjoy playing with others of the same age?
- have good safety awareness?

- rest quietly for 15-20 minutes?
- respond well to different adults?
- separate easily?
- feel comfortable at school?

WHAT I NEED TO KNOW WHEN I ENTER KINDERGARTEN

1. Student should be able to identify all primary colors and shapes.
2. Student should be able to recognize his/her name from a choice of three other names presented.
3. Student should be able to rote count up to 13 and count objects up to 10 accurately.
4. Student should be able to recite his full name, address, phone number, and date of birth.
5. Student should be able to recognize and read at least the letters in his/her name.
6. Student should be able to write his/her first name.
7. Student should be able to cut with scissors, use a pencil, glue etc. for art projects.
8. Student should be able to put on his own jacket/coat; pack his/her own back pack; open his/her lunchbox
9. Student should be able to use the bathroom independently.
10. Student should be able to sit and listen to a story read aloud.
11. Student should be able to follow a one-to-two step direction.
12. Student should be able to recognize most numbers up to 10.

What Kindergarten Teachers Wish Parents Knew

Get inside tips on how to make the most of school.

Kindergarten is an exciting and critical time in your child's development and growth. You can play an important role in this wonderful journey. Here's what kindergarten teachers want parents to know:

1. Your job isn't over when you drop your little one off at school; it has only just begun. Your child's teacher wants to be your partner. Keep them informed about what goes on at home that might affect your child's behavior or academic performance. Share with them how what they do at school affects your child at home.

2. This is not your grandfather's kindergarten. Sadly, much of what happens in kindergarten is driven by high standards and preparation for standardized tests. The expectations of what children need to know when they enter kindergarten are closer to what used to be expected in 1st grade. To boost your child's academic skills:

- Talk with her about what interests her.
 - Encourage her to be curious and ask questions.
 - Point out letters and numbers when you see them in books and around town.
 - Support her in solving everyday problems.
- **3. The more self-control your child has, the more successful he will be in school.** Children need practice in deciding how and when to express their feelings and needs, and when and if to act on impulses. Help him develop and practice these skills at home before he tests them at school, where the consequences are a loss of learning for him and for others.
- **4. Make yourself known.** Come in. Look around. Peruse the textbooks and materials. Knowledge is power. When you know about the subjects your child is studying, you will be able to help her better and have a common understanding for discussion. Volunteering is a wonderful way to learn about what goes on at school and to show your child how much you care about what she is doing.
- **5. Your child needs lots of opportunities for play outside of school.** Play is the way in which he learns about himself and the people and world around him. But more often than not, play has been squeezed out of the school day. Playing both alone and in small groups helps facilitate learning and allows your child to practice skills and concepts.
- **6. Reading to your child once a day is not enough.** Try to read together at least three times a day. Books are the gateway to building vocabulary, learning about print, and developing listening and early literacy skills. When you read, talk about the book. Discuss the characters and setting, make predictions, and create new endings. Point out letters and words in the text, and encourage him to recognize rhyming sounds and words and to identify beginning and ending sounds.

- **7. Writing exploration at home is critical.** Your child needs to have opportunities to use pencils, crayons, markers, colored pencils, and other writing instruments as she attempts to express herself in written form. She begins with scribbles and lines, moves on to letters and her name, and then to words and sentences.
- **8. Homework is an opportunity for talking, sharing, and listening.** Teachers give homework to extend the learning of the classroom. It is a chance for you to find out what your child is studying and how well he is grasping the skills and concepts being taught at school. Talk with your child about his homework. It shows him that you care and value what he does at school.
- **9. Television and video games use up valuable playtime.** Limit screen time. The hours spent with these electronic devices could otherwise be spent talking, reading, or actively learning through play.
- **10. First-hand experiences are another teacher for your child.** Take her to museums, the zoo, the aquarium, the library, parks, arts performances, and geographic locations such as the mountains, beach, forests, and deserts. And do it often. She'll grasp concepts and skills better if she has experiences with the real thing.

TOP 10 IDEAS FOR "SUMMER SCHOOL"

1. READ
Read to your child, let them see you reading, visit the local library.
2. CONVERSATION
Spend time to build that vocabulary by having a real conversation with your child. TALK, TALK, TALK.
3. PRACTICE CUTTING
Remember to hold scissors with thumbs up.
4. WRITING
Don't just write that name. Try helping your child to write simple words that go with the pictures they love to draw.
5. MATH
Counting, sorting, building with blocks. Use shells, rocks or anything you find in the yard. Water play – measure, pour, mix, do puzzles.
6. PHYSICAL
Ride bikes, take a walk, hop or skip down a line drawn with chalk.
7. LISTEN
Really listen to what they say to you. Make eye contact. Model good listening skills so they follow your example.
8. MUSIC
Dance, sign and play all kinds of music. Don't just limit them to "kids songs" try Mozart!
9. ENCOURAGE FRIENDSHIPS
This refines those social skills, taking turns and learning that there are others not just me!
10. RESPONSIBILITY
Give your child simple tasks to do, encourage them to do their best and follow through until complete. Give directions, be specific.

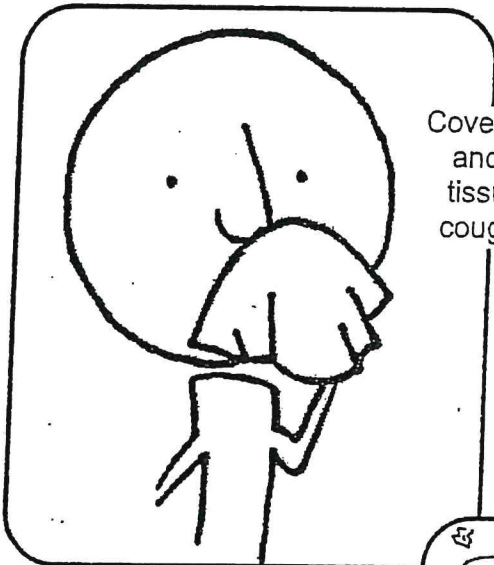
How to Turn Everyday Chores into Fun Learning Activities

A regular day's activities are filled with pre-kindergarten learning activities. The following are just a few examples of learning activities that are also just plain fun.

- Go shopping with your child. Perhaps your child has a favorite cereal he can find on the shelf. Looking at store signs and brand names is a pre-reading activity.
- Do the laundry with your child. Measuring detergent is a pre-math skill. Sorting clothing and matching socks is also a pre-math skill.
- Have your child set the table. Again, counting the number of plates that have to be set, matching the right number of utensils, etc. are both pre-math skills.
- Have your child look for street signs as you are walking or driving through town: pre-reading.
- Have your child identify shapes as you are walking or driving: pre-reading and pre-math.
- Read to your child (in English or in Spanish) as often as possible.
- Join the library, if possible.
- Encourage "play-dates," if at all possible. Social/play activities encourage cooperation, language development, to name a few skills that will be important in kindergarten.

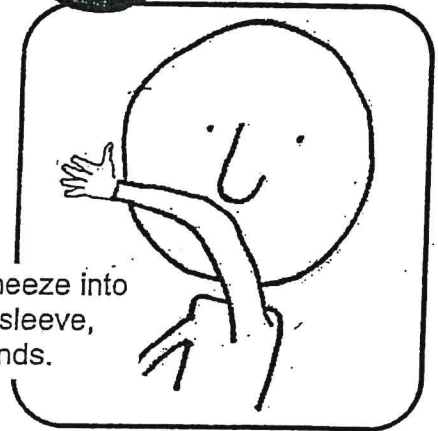
Stop the spread of germs that make you and others sick!

Cover your Cough

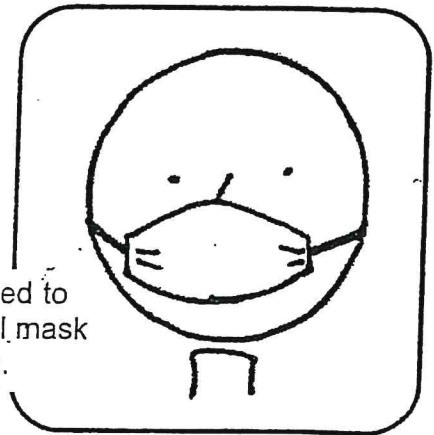
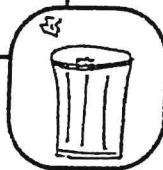


Cover your mouth
and nose with a
tissue when you
cough or sneeze

or
cough or sneeze into
your upper sleeve,
not your hands.



Put your used tissue in
the waste basket.



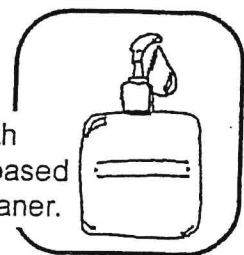
You may be asked to
put on a surgical mask
to protect others.

Clean your Hands

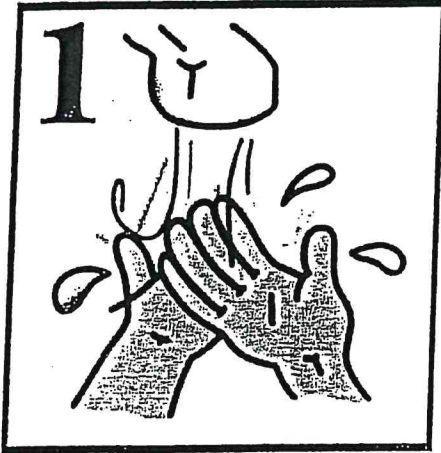
after coughing or sneezing.



Wash with
soap and water
or
clean with
alcohol-based
hand cleaner.



Wash Your Hands



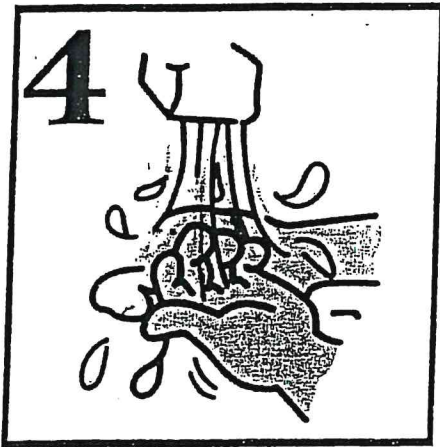
Wet



Soap



Scrub



Rinse



Dry



Turn the Water Off

How long
should I
wash?

As long as it
takes to sing
the ABCs!

