

## How Parents Can Help Prepare Their Child for Kindergarten

Starting kindergarten is an exciting milestone but it can also create anxiety for both children and parents. By helping to prepare your child to be more independent, you will help make your child's school days go smoother, make it easier for them to concentrate on learning, and ensure they have a lot more fun!



### **As a parent, you can help your child have the best start by:**

- Practicing putting on and taking off shoes, packing and unpacking bags.
- Choosing a backpack that your child can easily carry, open and close.
- Choosing outdoor shoes that your child can run and climb with on the playground structure
- Choosing indoor shoes that your child can easily put on and take off independently
- Considering containers and packaging that your child can open and close
- Practicing opening the lunch kit, taking out and putting containers back
- Keeping food choices simple when packing their snack and lunch
- Cutting up fruit, vegetables and sandwiches into bite size pieces
- Providing a water bottle with a straw spout that your child can open and close independently
- Allowing your child to become independent with bathroom routines in various settings

## **What Will My Child Learn in Kindergarten?**

There are five main areas of focus:

**Play Nicely! Social Responsibility:** Children will learn to interact appropriately with increasing independence and self-confidence in learning situations.

**Tell Me More! Oral Language:** They will use speaking and listening when engaging in exploratory and imaginative play to express themselves, exchange ideas, and ask questions to expand their spoken and listening vocabulary.

**Let's Read a Book Together! Reading & Viewing:** Children will engage in reading-like behaviour and will become aware of the connection between reading, writing, and oral language.

**Draw Me a Story! Writing & Representing:**

Children will participate in writing/representing experiences using emergent symbols (pictures, oral descriptions and letters) to communicate meaning.

**Count with Me! Numeracy:**

Children will explore mathematical ideas such as problem solving, numbers and space with materials used in everyday life.

**Use these checklists to practice at home and to celebrate your child's accomplishments:**

## Clothing • Backpacks • Shoes

*I can:*

- Carry my own backpack
- Put in and take out objects from my bag
- Zip and unzip or buckle and unbuckle my bag
- Put on and take off my shoes on the correct feet
- Lace and unlace zip and unzip, or pull and stick Velcro on my shoes

## Eating food • Choices • Containers

*I can:*

- Open and close my snack bag
- Open and close all of my food containers
- Open and close a straw spout water bottle
- Use a fork and spoon
- Eat my healthy choices first
- Peel my orange and eat whole apples and other fruit
- Remember not to eat and talk at the same time
- Wipe up small spills

## Hand Hygiene • Toileting • Nose Blowing

*I can:*

- Go to an unfamiliar bathroom without feeling scared
- Unzip and zip my pants, take down and pull up my tights, unbuckle and buckle my belt
- Fasten and unfasten buttons
- Push down a toilet lever
- Push a soap dispenser
- Wash and dry my hands
- Cover my mouth with my elbow when I cough
- Blow my nose and put the tissue in the garbage and wash my hands when I'm done

