



K NEWS FOR NEW K'S

INFORMATION TO HELP YOU HELP YOUR CHILD GET READY FOR KINDERGARTEN

Since families are the first and most powerful influence on children's learning, development, health, and well-being, it makes sense that families will be of greatest influence on a child's readiness for school. It is important that there is understanding about how to best support a child's readiness for school. Following are some tips and information to help ensure that your child has a smooth transition from home to the Kindergarten setting.

READY, SET, GO!



MATHEMATICS

When out and about, challenge your child to look for numbers. Point out numbers on road and store signs, mailboxes, doors and houses, or license plates. Have your child record the numbers in a list, or take pictures with your phone. Talk about the numbers he or she finds. Which are bigger/smaller? Which are familiar/unfamiliar? What are the numbers used for? What connections to the numbers are made?



LITERACY

A goal in Kindergarten is for students to develop comfortable familiarity with most letters of the alphabet. Help develop your child's letter recognition by drawing attention to letters you notice on signs, posters, or logos when you are with your child. Name the letters and help to build connections between the letters and things that are familiar to your child (e.g. M is for McDonald's, S is for STOP).



SOCIAL SKILLS

Positive coping skills with which to manage frustration and anger are important to learn. An easy technique for young students to learn to calm themselves is "Take Five" breathing. Help your child recognize how they feel when they get frustrated or upset. Teach them to "Take Five" when they notice these signs. Slowly breathe in while thinking "1, 2, 3, 4, 5" and then slowly breathe out while thinking "1, 2, 3, 4, 5".



INDEPENDENCE

Being able to get in and out of outerwear independently will help make transitions to indoors/outdoors much smoother for your child. Zippering a coat, changing footwear, and putting on hats and mittens by one's self are important skills. Time at learning centers, in whole group, and playing outdoors will be maximized if your child can get in and out of their outdoor clothing without needing consistent help.