



Preparing Your Child for Kindergarten

There are many things that you can do to prepare your children for starting kindergarten.

Social/Emotional Development

- Play board games to have your child practice taking turns
- Set up playdates with friends of various ages
- Allow your child to stay with other trusted adults for a few hours at a time to prepare them to be without either their mother or father
- Teach your child to clean up after themselves and to persevere when tasks become challenging

Language Development

- Give your child many opportunities to draw anything they see using different materials (crayons, markers, pencil crayons, paint, etc)
 - Read to your child every day for 15-20 minutes (read in English or in your own language)
 - After you have finished the story ask your child a few questions to make sure they understand what was read to them
 - Introduce your child to the letters of the alphabet and the sounds they make (create an alphabet book together – include a picture for each letter a-apple, b-ball, c-cat, d-dog, e-elephant, etc.)
- <http://www.icanteachmychild.com/alphabet/>

Physical Development

- Give your child plenty of opportunity for outdoor play; running, jumping, climbing
 - Let your child use child-safe scissors to cut out different shapes
 - Teach your child to write their name
 - Ensure your child is holding the pencil correctly
- <http://www.icanteachmychild.com/correct-pencil-grip/>
- Play with playdoh; roll, squish, stamp and even cut it

Cognitive Development

- Teach your child to make patterns using different materials (red, blue, red, blue) and to look for natural patterns in their environment
 - Go on a shape hunt. Point out circles, triangles, squares and rectangles when you are out
 - Talk about directional and positional concepts like up/down, in/out, on/off, over/under, behind/ in front, stop/go, first/last
 - Teach your child the numerals from 1-10
- <http://www.icanteachmychild.com/numbers/>