

Tips to help your child become ready for Kindergarten

During June and July

- Practice washing hands.
- Teach your child to blow his/ her nose.
- Teach your child to tie his/her shoes.
- Encourage practicing putting on a jacket and zipping up a zipper.
- Help your child practice good manners.
- Arrange play groups that give your child an opportunity to share.
- Play games and let your child experience not being the winner every time. Show him how to cope with losing or being behind in the game.
- Practice cleaning up play areas
- Practice with your child how to express his/her feelings
- Ask your child to tell you about the story or books you have read or predict what might happen next.
- Play Follow the Leader.
- Play listening games like Red Light, Green Light, Duck, Duck, Goose, and Simon Says.
- Help your child to learn the names of the basic colors.
- Teach your child to write his/her name.
- Practice counting and sorting items.
- Teach your child personal information like his full name, address, parent's names, and phone number.



During August:

Talk about your experiences of starting school in a positive way.

- Use puppets to role play getting along with friends.
- Teach your child the name of his child care center or babysitter's full name.
- Walk around the outside of the school to get familiar with the surroundings. Take her to play on the playground at the school. This will help lessen anxieties about coming to school.
- If your child has not had opportunities to be left with adults not as well known to him, try to arrange for these experiences so that he will learn that you will be gone for a while but feel assured that you will return to pick him up. Start with times as short as 30 minutes and build up to several hours, as this will help him transition to kindergarten more readily.



Two weeks before school starts:

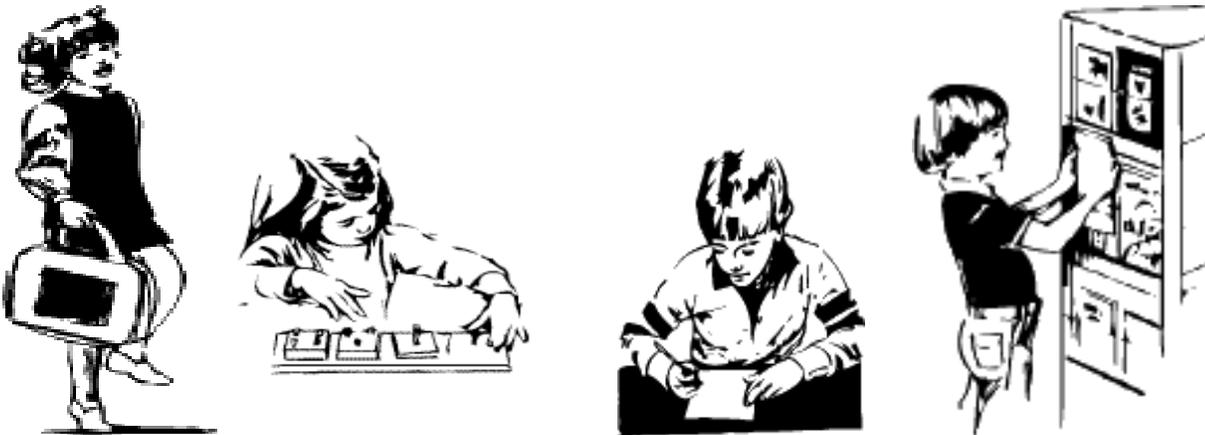
- If your child seems apprehensive about attending school, take a quiet tour of the main parts of the inside of the school together. Look for kindergarten classrooms, the office, the library, etc.
- Establish a routine that you will use for school days.
- Adjust your child's sleeping and eating times to the new school year's schedule. Children need 10-11 hours of sleep to perform well in school.
- If your morning routine may be hurried, consider laying out the clothing your child will be wearing to school the evening before. Some children may prefer to choose from 2 pre-selected outfits.
- Children can help pack backpacks the evening before and place them in a spot by the door. It helps to practice a day or two early.
- Talk to your child about crossing the street safely. If your child will be walking home, walk the route with him a few times before the start of school.
- If you will be driving your child to school, drive the route a few times with your child. Show him the general areas where you will be to pick him up after kindergarten, also assure him that the traffic might cause a few minutes delay, so panic won't set in if you cannot be spotted immediately.
- If your child is hesitant about starting school, stop by Centennial for a minute to meet the workers in the office at school. Your child will see that friendly people work here.
- If your child is apprehensive about the start of school please call one of us and we can arrange a visit to get to know one another so she will recognize a friendly face the first day. I am usually working at school about a week before school starts.

Back to School Night:

- Come to school to find your child's classroom.
- Introduce your child to the teacher.
- Locate the bathroom.
- Find the sink in the room.
- Allow your child to notice things in the classroom that will be part of her kindergarten experience.

The First Day:

- Please arrive five to ten minutes earlier so that your child can put a jacket in her locker and then be ready to start the day.
- If you plan to bring your child to school on this important first day, please walk her to the classroom.
- Take a picture of this milestone in your child's life.
- Help her locate her desk.
- Smile, say goodbyes quickly, then leave. A long, drawn-out goodbye is much harder on children and parents, too. Getting a start on the day with the class will be the best for your child.
- As your school counselor, we will be checking in kindergarten classrooms throughout the day and will be available to help everyone have a great start. If you have concerns please visit with us.



Have a fun summer. We'll be looking forward to seeing you in August.