

# KINDERGARTEN READINESS FOR PARENTS

*Am I ready for my child to start school?*

Kindergarten is a full day at Tucker where we focus on academics and skills to shape what kind of citizen your child will become. The following are skills and tips to help prepare you and your home for a successful school career.

## **Learning begins at home**

- Read with your child every day, especially when there is no school.
- Establish a daily routine and study time. There will be homework: quick, 15-minute activity.
- Set up a work space for your child at home with crayons, pencils, scissors, paper and glue.

## **Social skills are important**

In kindergarten, students learn how to socialize with their peers; an important step in learning how to work in society. Some things to think about and practice at home:

- Does your child accept limits from parents, teachers and other adults in charge?
- Help your child build a "feeling vocabulary" to express their emotions to teachers.
- Are there rewards and consequences for behaviors at home and in public?

## **Winning ways to talk with your child**

- Communicate acceptance. Use kind words.
- Truly listen. Talk *with* your child, not *at* your child.
- Make requests simple, and firmly for important requests.
- Get your child's attention before you speak with them, and communicate at eye-level.
- Remember to model using "Please," "Thank you," and "You're welcome."
- Try not to interrupt your child when they are speaking with you.

## **Separation anxiety is possible**

It's not uncommon for some students to have trouble separating from their parents. Some tips for your first week of school, as well as when returning to school routines after long breaks:

- Instill confidence by communicating to your child that they are smart, capable and ready.
- Remind your child you will see them later, and you look forward to hearing about their day.
- If your child cries or clings to you, we have staff to help walk them to class, as well as to check on them throughout the day. Most students settle into class soon after you leave.
- Letting your child go will help them grow and become more independent.

## **Sleeping is the foundation for learning**

What happens when students lack sleep?

- Attention problems
- Less endurance or overactive
- Less patience
- Affects academics, behavior and emotions

How many hours of sleep do kindergarten students need?

- 10-11 hours is ideal for developing brains and bodies.
- 8:00 PM is a great guideline.



# 10 Ways to Prepare Your Child for KINDERGARTEN



1. Read **books** everyday.
2. Develop **fine motor skills**: holding a pencil, coloring, cutting with scissors.
3. Print **first name** with *only* the first letter capitalized.
4. Learn to follow 2-step **instructions**: "Please go get your shoes and then put them on."
5. Use good **manners**: "Please" and "Thank You"
6. Talk about **social skills**: sharing, taking turns, positive words, talk about handling anger.
7. Help your child take **responsibility**: clean up messes, dress themselves, get their own snacks.
8. Practice **number recognition**: Count objects daily.
9. Practice **letter and sound recognition**. Practice saying the letters and their sounds every day.
10. Build **self-esteem**. Praise your child often because Kindergarten is hard!

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## readiness checklist

### I can:

- recognize and name basic shapes: square, circle, triangle, and rectangle
- recognize and name numbers 1-10, even when they are out of order
- count to 20
- count 10 objects, pointing to each one as I count
- say or sing the alphabet
- recognize the letters of the alphabet, both uppercase and lowercase (even out of order)
- identify colors in an 8-ct crayon pack
- recognize my first name
- write my first name
- sort items by size, color, or shape
- hold a book and turn pages
- tell if two words rhyme
- identify some letter sounds
- say my parents' full names and phone numbers (at least one)

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## readiness checklist

### I can:

- put on my coat and zip it up
- tie my shoes
- take turns and share
- sit quietly and listen
- follow simple directions
- use the bathroom by myself (including zipping and buttoning pants)
- put on my backpack
- hold a pencil or crayon
- cut with scissors
- put things away
- hang my backpack on a hook
- wash my hands with soap
- use a tissue to wipe my nose
- cough into my elbow
- stand in line
- drink from a drinking fountain
- raise my hand and wait to be called on
- open any food containers in my lunch