



## **HOW DO I PREPARE MY CHILD FOR KINDERGARTEN?**

1. Check your child's health –
  - Is his/her eyesight good?
  - Does your child hear normally with both ears?
  - Is your child eating a healthy diet?
  - Is your child getting enough sleep?
2. Bring routine and predictability into his/her daily life. Establish regular bedtime routines and hours.
3. Allow your child to try things – experiment, encourage with patience and praise. This will help to give your child **CONFIDENCE** to tackle new things at school.
4. Arrange challenges for your child which he/she is able to meet – he/she needs to experience **SUCCESS**.
5. Give your child the opportunity to organize his/her life and give your child responsibilities at home. Allow him/her to take responsibility for dressing.
6. Encourage your child to be **INDEPENDENT and CURIOUS**. Ensure that your child has spent time away from you in order to make his/her transition into kindergarten easier.
7. Encourage his/her play time – play extends your child's knowledge of the world and how it works; shows him/her cause and effect; allows him/her to experience comparison; illustrates the benefit of trial and error; shows the give and take of relationships with other people. Children learn in play how to manipulate their environment and test their growing skills – physical, intellectual, social – against the many demands of their environment.

8. Help your child develop listening skills.
9. Teach your child, by your own example, how to deal with difficult situations and how to overcome problems. Talk about a problem you faced at work and how you solved it. Let your child hear you “think out loud” as you solve a problem in your home.
10. Teach your child his/her full name, name of town/city where you live, how to follow directions, to identify colors, shapes, numbers and letter names.
11. **SPEND TIME WITH YOUR CHILD** – read to him/her, make a point of eating together at the table each night. Be there when your child wants to talk. Play games; limit television and the use of video games.
12. **DO ARTS AND CRAFTS** – provide opportunities for your child to use scissors, markers and crayons.
13. **GIVE YOUR CHILD A PROFICIENCY IN LANGUAGE** – read aloud, tell stories, take your child on excursions and talk about what you see, talk about language of the arts (music, rhythm, dance, drawing, poetry). Surround your child with books. Go to the library.
14. **PRAISE YOUR CHILD’S EFFORTS**, as well as accomplishments. Make your child feel **IMPORTANT**.
15. **BE POSITIVE AND ENTHUSIASTIC** about the kindergarten experience.

