

# Top Ten Tips for Getting Ready for Kindergarten

1. Establish a healthy home routine. Eat healthy meals and snacks sitting together. Go to bed early for 10 to 11 hours of sleep. Exercise indoors and outdoors every day. Learn how to put on jacket and put away toys. Kindergarten is a step towards independence.
2. Model skills, social and educational, for your child. Show how to share, how to read and write, how to play safely, how to follow one, two and three step directions, etc.
3. Talk together. Take turns talking and listening. Look at the speaker. Respond when it is your turn to talk. Introduce new terms to enlarge their vocabulary. Ask. Admit errors. Apologize.
4. Work together. Count the spoons to set the table. Look at the recipe to bake cookies. Rake the leaves and look at the colors. Your child is capable of making a contribution to your family by doing age-appropriate jobs.
5. Read together. Look at the book. Ask questions. Have child read (retell) the story. Collect books and keep in a nearby area for rereading. Get a library card and visit the library.
6. Sing songs and read poetry together. Use the car time to sing and rhyme. Listen for words that sound the same.
7. Provide an area for writing, drawing, painting, constructing. Keep tools (pencils, scissors, crayons, paper, glue) nearby for easy use. When learning to write, use correct pencil grip and letter form.
8. Play games together. Take turns. Follow directions. Practice handling the frustration of losing a turn or the game. Play again. Limit TV.
9. Provide unstructured time for independent play and play with friends. Now is the time for your child to use the skills you have modeled. Encourage child to direct play by self. Invite friends over to play and share.
10. Provide structured time together. Take trips to the zoo, the museum, the science center, the Metro Parks and observe the world. Attend preschool, library story time, and Community Education, Family Center, and Neighborhood Club activities.

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