

Preparing Your Child for Kindergarten

Here's what Kindergarten teachers say:

1. **Read to and with your child** every day.
2. **Talk with your child** throughout the day.
3. **Establish routines** and follow them consistently.
4. **Be positive** when giving instructions. Focus on the "Do" and not on the "Don't."
5. **Establish behavior expectations** starting at age two. Before starting something new or different, tell your child what you hope for, and then be consistent about the expectations.
6. **Establish little jobs** around the house for your child to do.
7. **Avoid screen time** for your child until age three.
8. **Use coloring books** so your child learns about colors and about how to hold pencils and pens.
9. **Introduce your child** to other children and adults.
10. **Encourage your child to play independently** with clothes, blocks, pots and pans, or other safe household items.

To learn more, watch teacher videos at:

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Why Do These Things?

1. Reading to and with your child helps your child learn and understand language. Active reading is best. Discuss what you read or see in the book.
2. Conversation not only engages your child, it builds vocabulary and will help your child talk and learn.
3. Children need structure. It provides safety and reduces stress so that your child's young brain can absorb information.
4. Learning should be fun, not painful.
5. Children face expectations all their lives, beginning with pre-school or kindergarten. Expectations should be explained in advance. Do not surprise your child with requirements that have not been discussed.
6. Having jobs to do gives your child a sense of worth and belonging. It also helps your child learn good habits.
7. There is evidence that too much screen time inhibits brain development in children under age three. In order to develop normally, children need to be physically active and interact with other people as much as possible.
8. Coloring can stimulate creativity, help develop fine motor skills, and be a learning opportunity.
9. Time with other children and other adults helps your child be ready for school.
10. Independent play reduces dependency.

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