

Parent Pointers

THINGS I SHOULD DO...

- ___ Limit T.V. watching and electronic toys to less than 2 hours a day!
- ___ Establish a bedtime that gives my child 10 or more hours of sleep each night.
- ___ See that my child has opportunities for rigorous physical activity, outside when possible.
- ___ Take my child to the public library, park, etc.
- ___ Help my child develop independence in dressing, eating and personal hygiene.
- ___ Interact frequently with my child each day by talking, listening and touching.
- ___ Provide toys, games and household objects that encourage exploration, manipulation and dramatic play. Regularly work with my child using these materials.
- ___ Provide many opportunities to play with other children.
- ___ Encourage social values such as helpfulness, cooperation, sharing, and concern for others.
- ___ Establish reasonable limits for behaviors and hold my child to them.
- ___ Encourage work values such as effort, persistence and initiative.
- ___ Read to my child EVERY day. Talk together about the pictures and story. (*Reading to your child is the most important thing parents can do to help their child become good readers.*)
- ___ Read poems, nursery rhymes and sing songs together.
- ___ Provide opportunities to play alphabet games, read alphabet books, and talk about letter names and sounds.
- ___ Provide pencils, markers, glue, scissors, crayons, paper and encourage drawing and scribbling or writing.
- ___ Encourage responsibility by having my child pick up toys, care for belongings, and assist with simple chores.
- ___ Help my child learn and practice his/her birthday, phone number and address.
- ___ Play games - especially those that have educational value such as: number games, guessing games, card games, etc.

Final Thoughts:

As we stated, kindergarten has changed!

Children need to know more entering school than they have in the past. Your child will be expected to start reading during the first month of school. He/she needs to be comfortable with and have had many experiences using school supplies (glue, scissors, markers, crayons, etc.). Please limit TV and electronic games. Encourage social, learning, and creative activities where your child can expand his/her skills and imagination. **The more time you invest in your child - reading, playing games, talking, interacting, making projects - the better prepared and more successful your child will be.**



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WHAT YOUR CHILD NEEDS BEFORE ENTERING KINDERGARTEN

Kindergarten has changed! The kindergarten program is becoming more and more academic. Your child will need to have a strong foundation of basic skills in place before they come to school. Inside you will find a checklist of things your child should know or be able to do before school begins.



Basic Skills

Academic:

- ___ Identifies 10 basic colors
- ___ Carries on a conversation with peers and adults using complete sentences
- ___ States full name, address, phone number, and birthday
- ___ Shows an interest in books and reading
- ___ Holds book and turns pages correctly
- ___ Is willing to complete tasks and try things that are difficult
- ___ Writes own name using a capital letter for first letter only



Social:

- ___ Will listen to an adult and do as told
- ___ Cooperates with other children
- ___ Plays with other children and resolves conflicts without aggression
- ___ Sits for short periods of time (15 min.)
- ___ Follows rules
- ___ Understands and follows a 2-3 step, verbal direction

Personal Needs:

- ___ Blows nose, covers sneeze, covers cough
- ___ Independently uses the toilet
- ___ Washes own hands
- ___ Snaps, buttons, zips own clothing
- ___ Takes off or puts on own outerwear independently
- ___ Ties shoes
- ___ Uses silverware correctly
- ___ Communicates personal needs in a complete sentence



Language:

- ___ Identifies all the letters in their name (in random order)
- ___ Knows that letters have sounds
- ___ Is beginning to associate some sounds with the letters they know
- ___ Recites at least 5 nursery rhymes from memory
- ___ Knows songs and rhymes
- ___ Participates in rhyming games and is able to discriminate words that rhyme
- ___ Identifies some letters in random order
- ___ Tells about an experience using complete sentences
- ___ Names many common things - has a good vocabulary

Math:

- ___ Identifies numbers 0-5 (most children know numbers to 10 coming into kindergarten)
- ___ Counts to 10 or higher (some children can count to 100)
- ___ Counts a small group of objects (5-10) with accuracy
- ___ Identifies basic shapes (circle, square, triangle, rectangle)
- ___ Understands the concepts of more/less
- ___ Uses and names coins

Fine Motor:

- ___ Holds pencil, marker, crayon correctly
- ___ Colors carefully (selects appropriate colors and tries to stay in the lines)
- ___ Holds scissors correctly and has had experience cutting straight and curved lines with some accuracy
- ___ Successfully opens, closes, uses a glue bottle/glue stick
- ___ Correctly holds and uses fork, knife, and spoon
- ___ Practices zipping, buttoning, snapping, and tying

