

How can I help prepare my child for the first day of school?

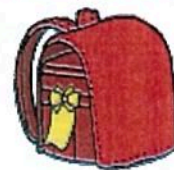
The Week Before . . .

- Label all personal items with your child's name in permanent ink (clothing, book bag, etc.)
- Discuss plans for drop off and pick up in detail. If possible do a "practice run" prior to the first day.
- Discuss any last minute fears or questions ("What if I have to go to the bathroom?" "What if I forget where you are going to pick me up?").
- Review a school-day routine with your child (bath time, bed time, wake up time, school time, homework time). **ENFORCE BEDTIME** to make sure your child will be well rested.



The First Day . . .

- Have your child eat breakfast at home or make sure that he has money and time for breakfast at school.
- Make sure your child knows her full name, address and phone number. If she does not, write it down and put it with her personal belongings.
- Arrive on time; before school starts, but not so early that there is no supervision. Remember that a long wait for class to begin can add to the stress.
- Leave your child promptly, with a positive attitude.



At the End of the First Day . . .

- At the end of the first day greet your child at the planned time and place.
- Ask your child about his day. Ask such questions as "What was the best thing that happened today?", or "What story did your teacher read today?"

How can I help my child make the transition to Kindergarten?

What is a transition?

A transition is a major life change.

For young children, moving from preschool or home to kindergarten is one of the most significant transitions they will experience.

**change in place* *new expectations* *adjusting to new friends*
new authority figures *new role as a student**



How can I help?

Let your child...

- Establish relationships with friends his age. Let him visit his friends and gradually allow him to be away from home for longer periods of time.
- Know that he is accepted as he is.
- Have responsibilities that fit her age such as picking up toys, caring for pets, and hanging up clothes.
- Know that words like "excuse me", "please", and "thank you" should be used as a form of courtesy to others.
- Know that he must wait his turn in group activities, but allow him to be first at times.
- Ask permission to use the possessions of others.
- Have reading time every day, even if you only have time to read 10 to 15 minutes. Let your child sit close to you. Relax and enjoy the book together.

The next few pages are for you and your child to do together. These pages will give you a preview of some of the concepts your child will be learning in kindergarten.

What should my child be able to do?

Kindergarten children come to school with very different levels of development. Teachers expect students to be performing at different levels and will be ready to help every student succeed.

A child entering kindergarten will probably:

- prefer a fairly routine schedule.
- be independent in eating dressing and sleeping.
- be independent at going to the toilet and washing her hands.

Physically, most kindergartners will be:

- extremely active for short periods, separated by longer periods of calm and quiet.
- maturing in large and small muscle control.
- Learning to snap fingers, whistle and wink.

Socially and emotionally, a child in kindergarten will probably be:

- learning to work well alone and do many tasks for himself.
- learning to take turns and share.
- learning to finish tasks.
- learning to use self-control.
- able to follow simple instructions.
- learning to take care of his own things, such as his coat.

In terms of language and general knowledge, most kindergartners are:

- able to hold and use a pencil, crayons and scissors.
- able to say their full name, address and phone number.
- learning to write their name.
- learning to count.
- learning to identify and name shapes and colors.
- noticing similarities and differences.
- able to carry on a conversation.



Go!



What is the Kindergarten Pre-assessment?

Before school starts, your child's teacher will make an appointment to meet you and your child. She will help your child feel at ease in his new classroom, and will assess such things as:

- knowing letter names
- knowing letter sounds
- writing his name
- counting and matching one-to-one
- identifying numbers
- identifying rhyming words

This information will help the teacher plan instruction that is just right for each child.

It will also give you a chance to ask questions and help your child feel comfortable in a new situation.

