



Parent Guidelines



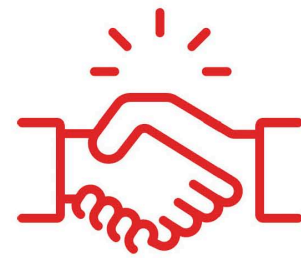
Let's Prepare Your Child for Kindergarten!

In this pursuit, the following list is intended to help prepare your child in a variety of developmental areas to make the transition into kindergarten as smooth as possible.

Quality time (playing and learning) with your child can make a world of difference!

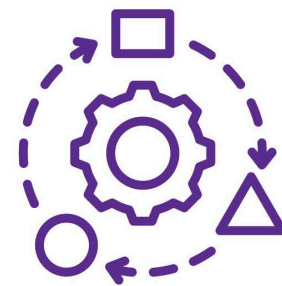
Social/Emotional Development

- Encourage your child to persist in tasks. Encourage her/him to calmly ask for help.
- Play board games to practice taking turns.
- Set up several play dates with friends of all ages.
- Allow your child to stay with other trusted adults for a few hours at a time prior to kindergarten.
- Tell your child you feel happy if he/she cleans up after play.



Physical Development (Gross & Fine Motor)

- Give your child plenty of opportunities for outdoor play: running, jumping, and climbing.
- Play catch on a regular basis.
- Practice skipping.
- Play with blocks and stack together.
- Let your child use child-safe scissors to cut out a variety of shapes.
- Teach your child to write his/her name (capital for the first letter and lowercase for the remaining letters). To start, write her name using a highlighter and encourage him/her to trace over it. Be sure that he/she forms the letters from the top to the bottom.
- Ensure your child is holding the pencil correctly.
- Play with play dough regularly.
- Encourage your child to cut out various shapes using child-safe scissors.
- String large beads to make a necklace.
- Play with an interlocking puzzle together.



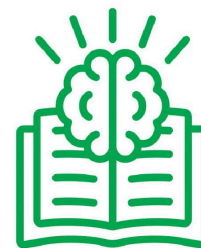
Language Development

- Verbally give your child specific one-step and two-step directions and encourage her/him to follow through.
- Practice minimum 15 minute reading to your child each day.
- While reading, point out how to hold a book and read the words and pictures from left to right.
- After reading, ask your child what happened in the beginning, middle, and end of the story.
- Give your child plenty of opportunities to draw (without colouring books). Ask him/her to draw the things she sees around her.
- Teach your child the uppercase and lowercase letters and, most importantly, the sounds each letter makes through play and games.



Cognitive Development

- Have your child help you sort items according to color, size, and shape (household items work well).
- Teach your child to make various patterns (red, blue, red, blue).
- Teach your child numerals 1-10.
- Count objects in your home. Have your child point to each object as she/he counts.
- Go on a shape hunt. Point out at different shapes circles, triangles, squares, and rectangles to your child while you are talking or walk or grocery shopping.
- Talk about positional and directional concepts like up/down, over/ under, in/out, behind/in front of, top/bottom, beside/between, off/on, stop/go.
- Talk about opposite words (big/little, empty/full, hot/cold, slow/fast).



Creative Arts

- Always encourage pretend play.
- Occasionally join your child in his/her fantasy world.
- Teach your child to recognize the colours.
- Use a variety of materials to let your child paint, draw and explore!

