

5 TIPS TO HELP PREPARE YOUR CHILD FOR KINDERGARTEN

From an RECE working in a kindergarten classroom!

#1 SELF HELP SKILLS

Help your child to be **fully toilet trained**.

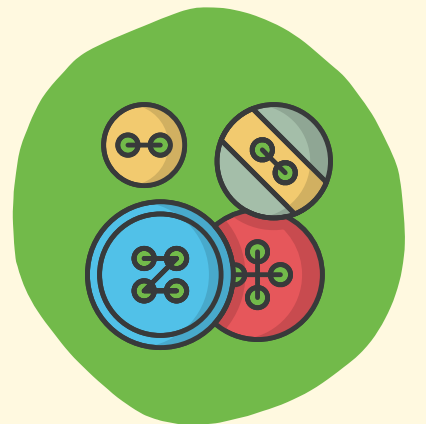
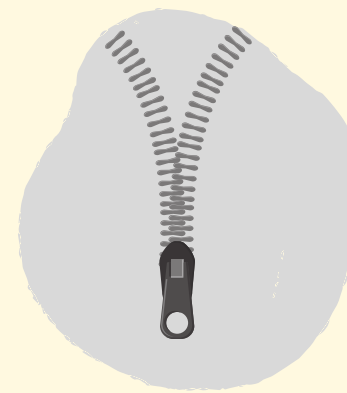
- Educators will only give verbal instructions and support for wiping and redressing after toileting. This can make for a physically uncomfortable day.



In fall, start training your child to get ready for **winter** outdoor activities (lay down all the items in the order they need to be put on)

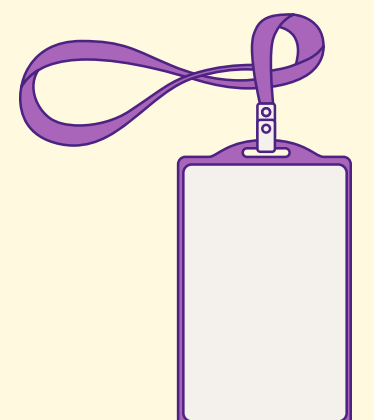
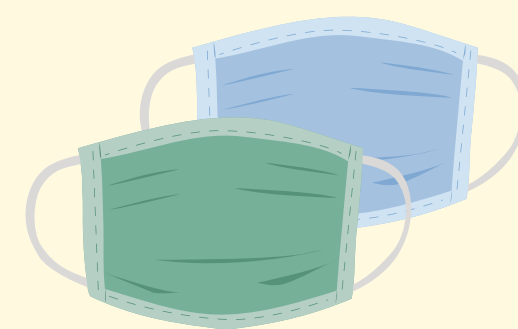


Have your child to be able to dress and undress **independently** (zippers, buttons, shoes)



Educate your child on how to wear and store a **face mask**

- wear it on a personalized **lanyard**
- store it in a waterproof and small **pouch**
- have them in the **lunch box** labelled **AM** for morning and **PM** for the afternoon

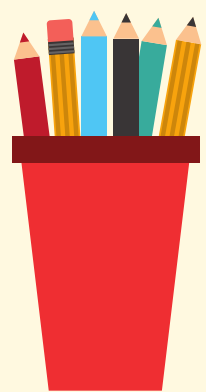


#2

GET FAMILIAR WITH LEARNING TOOLS

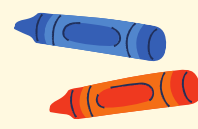
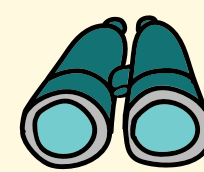
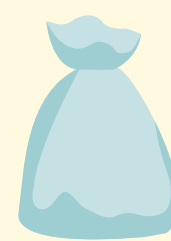
If possible, have a **designated place** with items like:

- crayons
- pencils
- (short and thick) paper
- play dough
- colouring books
- kids friendly scissors
- water colours



For outdoor exploration provide your child with a **Little Explorer backpack** filled with items like:

- magnifier
- binoculars (they could be made with paper rolls to provide better focus)
- clipboard
- crayons
- insect catcher set
- chalk
- plastic bag for nature treasures, like:
 - rocks, shells, twigs, drift wood



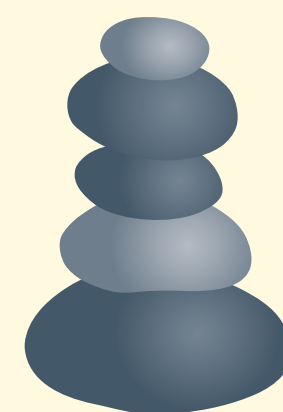
Model curiosity by asking **questions** about the things your child observed or collected outside.

Sample questions:

- I wonder if that snail lives in the same shell for it's whole life?
- I wonder why some leaves fall off the tree in autumn and some don't?



Use **household items** at home or **collected nature** items to count, sort, make a pattern, use for an art piece, form a letter or number



Use **alphabet cards** and **number cards** for matching and other games

- You can even make your own cards using real pictures of your child's favourite things from home!



#3

READ STORIES TOGETHER

Incorporate **stories** into your **bedtime routine** every night. (online or read to the child)



Follow up with questions that start with the 5 W's: **who? what? where? when? why? how?** Encourage your child's curiosity and wonder about **EVERYTHING!**

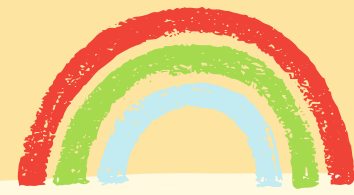


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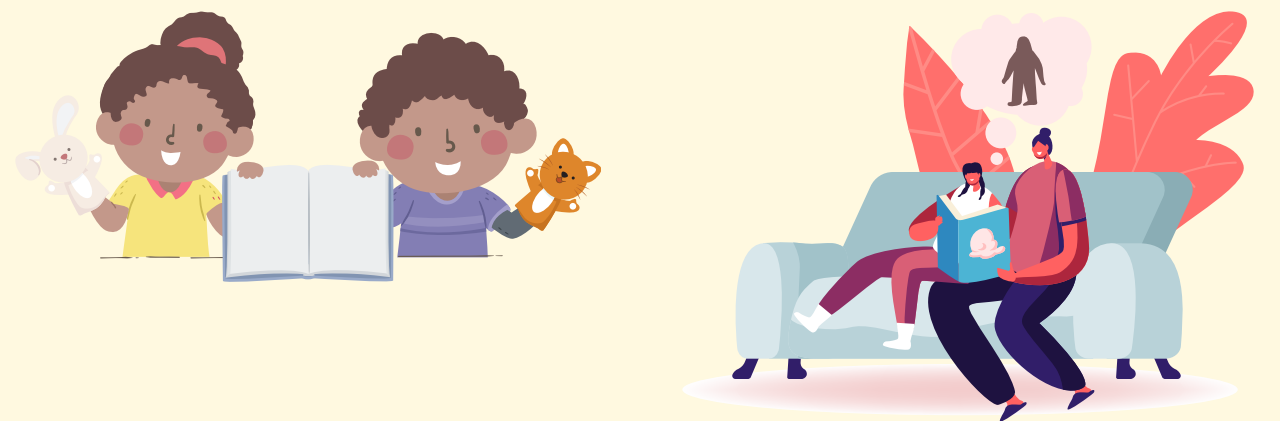
DEVELOP INDEPENDENCE & A NEW SCHEDULE (if needed)

Begin to stop afternoon naps and plan a **day schedule** that would include opportunities for **free play** and **making choices**.

The school day has even more transitions since COVID-19! Practice frequent **hand-washing**, and the ability to successfully **move from one task to another** when directed.



Choose stories that have some **repetition** and are easy to retell or to dramatize



#5

ACCOMODATION WITH THE SCHOOL

Make sure that your child's backpack is **big enough** to easily hold a **lunch box** and **letter size folders** in it.



Check your child's backpack as soon as you get home for homework and messages from school. Children won't likely remember to tell you there may be something important in there.



You know your child best, so tell the teacher about your child's **strengths** and **areas that need support**.



Work in **partnership** together to help build their skills in those areas (both at school and at home).

