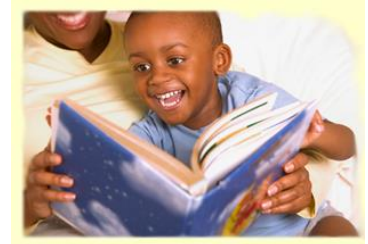


Helping Your Child Prepare for Kindergarten

- Have your child learn how to make friends and get along with others. Provide opportunities for your child to be with other children. Swimming, dancing, or craft experiences are often available through community organizations.
- Coach your child in social situations when needed. Help her learn how to be a good friend.
- Check out books from the library on topics such as sharing, starting school, being a good friend.
- Continue keeping routines each day. Snack and meal time should be around the same time each day. Breakfast helps your child focus and learn throughout the day. Use meal times to talk about what to expect when school begins. Set a regular time for bed and wake up. You may even want to get your child his first alarm clock.
- Experience colors! Point out red, yellow, blue, green orange, purple, brown, and black wherever you see them.
- Experience shapes! Show your child all the shapes in his world. Circles, squares, triangles, ovals, and rectangles. Grocery shopping is a perfect time to talk about shapes and sizes.
- Talk about directions and position. Show your child what is up, down, front, back, top, and bottom.
- Play sorting games. Sort by color, size, or type. You can use silverware, socks, or blocks.
- Count! Identify numbers. Where can you find numbers? On calendars, phones, newspapers, and labels on cans.



- Print your child's name and encourage him or her to copy it. Identify common words in the books you read.
- Help your child practice listening. Tell stories and ask questions. Tell directions for him to follow. Make up rhymes.
- Have your child draw pictures with an assortment of writing tools; pens, pencils, crayons, chalk, markers.
- Make sure your child can button, zip, snap and tie. Buy clothes that are easy to put on and take off. Your child will feel so independent when she dresses herself.
- Continue to remind your child to wash his hands often. Use tissues for blowing his nose and brushing his teeth after eating.
- Review safety rules such as: walk on the sidewalk, don't cross the street without a grown-up, and don't talk to or go with strangers.