



Kindergarten

What Can You Do to Help Your Child Prepare?

Practice sharing:

- Arrange play dates
- Play board games
- Taking turns

Set a routine:

- At least a week before school begins, start going to bed at a normal time for a school night. Have your child get up, dressed, and fed the way you expect them to on a school day

Teach the importance of listening:

- Look at who is talking
- Do not interrupt
- Think about what is being said

Show your child the importance of learning, by learning at home:

- Letter play (uppercase, lowercase, sounds)
- Have your child practice printing their name (starting with an uppercase letter, then lowercase)
- Reading with your child and asking them questions about what was read
- Sorting
- Counting (counting aloud to 10, counting up to 10 objects)



Encourage independence:

- Encourage persistence in a task. Encourage your child to calmly ask for help when they cannot find a solution to a problem
- Leave your child with a trusted adult for a few hours at a time
- Have your child dress themselves when going outside
- Expect your child to clean up when they are finished playing

Invite questions:

- Give your child confidence to ask questions. Let them know that it is okay to tell an adult if something is hard to understand

More Activities:

- Sing songs (ABC song, nursery rhymes, days of the week)
- Draw pictures
- Colour pictures
- Trace simple shapes
- Make simple crafts
- Play with play dough
- Use child scissors
- Lace beads
- Puzzles
- Lego
- Blocks
- Play outside (running, jumping, climbing, playing with a ball, skipping, etc.)