

preschool PROMISE



Readiness skills by Kindergarten

Getting ready for Kindergarten is a big step.

Attending a quality Preschool is a great start. Even more, you can help your child by practicing things he or she will need to know.

Every child develops at different rates, so don't worry if your child can't do everything listed here. Meanwhile, check out tips on the back of this sheet for ideas about what you can work on at home.

Language & Literacy

- Speaks so others understand
- Expresses ideas using language
- Recognizes and says simple rhymes
- Says first and last names, and street address
- Names some upper and lower case letters in addition to those in first name
- Asks and answers "what, when, where, why, how" questions
- Makes up stories or tells about past events

Cognition & General Knowledge

(math, problem-solving, social studies, science)

- Names at least two written numbers on a page ("What number is this? Show me number two.")
- Creates a simple pattern with objects such as green, red, green, red
- Counts to 10 by touching each item
- Sorts everyday objects into categories (clothing, food, animals)
- Begins to understand sense of time (day, night, today, yesterday, and tomorrow)

Approaches to Learning

(curiosity, initiative, creativity, follow-through)

- Sustains interest in a task, independently or with some adult support
- Tries several ways to solve a problem
- Experiments with a wide range of materials

Social & Emotional

- Shows concern for the feelings of others
- Shows increased independence (by verbalizing wants and needs)
- Cooperates with peers in play
- Actively seeks new experiences (separates from parents/families without being upset)
- Adjusts or adapts to group settings

Physical & Motor Development

- Walks on tiptoes
- Skips
- Walks backwards
- Throws ball overhead
- Catches large ball with both hands
- Stands on one foot without holding on
- Draws a person with body parts
- Copies shapes/letters (X, square)
- Cuts on a straight line with scissors
- Prints name

- Wants to finish an activity once it is started
- Engages in pretend play with props
- Follows rules and routines easily

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Tips to help your child headed to Kindergarten

It's never too early to start preparing your child for Kindergarten.

The years from birth through age five are very important as your child's brain is growing quickly. You can help your child be ready to thrive in kindergarten and beyond by taking steps to improve readiness skills in each of the 5 Kindergarten Readiness Areas. Listed below are tips and ways for you to help your child prepare for Kindergarten.

Language & Literacy

- Read with your child every day – this is the best way to build a strong vocabulary for your child
- Visit the library and check out children's books
- Practice with your child her first and last name and address
- Rhyme words with your child – ask her, "What rhymes with bat?" and let her answer
- Ask your child to tell you a story
- Ask your child to tell you about what she did yesterday or at school

Cognition & General Knowledge

(math, problem-solving, social studies, science)

- Practice counting with your child to 10 and beyond – point to objects and say "One, two, three..." and let your child repeat
- Practice finding written numbers with your child on cereal boxes, signs, and books
- Talk with your child about days of the week and the months of the year
- Practice your child's birth date and help her count down the days to her birthday
- Make simple patterns using common objects (fork, spoon, knife)

Approaches to Learning *(curiosity, initiative, creativity, follow-through)*

- Ask questions – "What could you try? What might work?" Give hints.
- Help your child learn to solve problems – even if it takes a while, let her keep trying and celebrate when she figures it out!
- Encourage your child to play creatively – play princess or pirates and make up stories together
- Ask your child open-ended questions like "What are you excited about today?" and respond to your child and ask more questions
- Establish a good daily routine, such as the same bedtime each day, reading to your child every night before bed, etc.

Social & Emotional

- Take your child to a Star Rated preschool or child care, or other group settings – such as playgroups, library story times, classes, church groups to help her learn how to play with others and listen to other adults
- Play simple games with your child such as board games, card games, and matching games like Go Fish – this helps children learn to take turns

Physical & Motor Development

- Practice skipping – skip on your way to the park
- Play catch with your child and bounce and throw balls back and forth
- Practice writing your child's name – work on the first letter as a capital and the other letters as lowercase
- Draw a line on a piece of paper and ask your child to cut the paper on the line
- Let your child use markers, crayons, or colored pencils to color and draw; show her how to make a circle, a triangle, a square, etc.

RESOURCES

Goodwill Easter Seals provides free screening to test children's readiness for Kindergarten. Call 937.528.6460 for an appointment.

Reminder: Take your child to the pediatrician on a regular basis, and stay up-to-date on immunizations!

