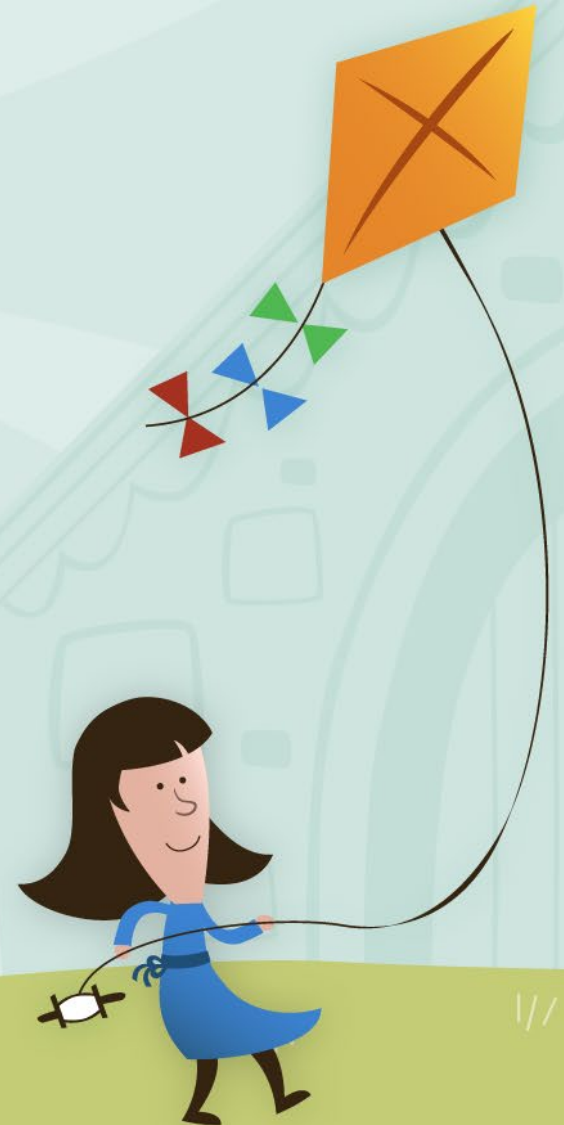


CONGRATULATIONS!

This is your child's first step into primary school and a unique time in childhood.

We have been preparing your child for Kindergarten and that day is fast approaching.

Enjoy!



OUR FAMILY IS GOING TO KINDERGARTEN:



When the next step in your child's learning journey arrives, here are some tips and tools to prepare your family...





Living in the moment with them prepares them to be their best advocate...

We want children to be enthusiastic about learning:

What are things we do that reinforce our expectations for them?

What things have you already started doing at home to make strides toward Kindergarten readiness?



We need to look at the whole child and **all the skills and strengths each child has developed.**

That's what makes them unique!

LANGUAGE AND LITERACY SKILLS:



You can encourage your child's learning at home through play and art activities.

Sharing life experiences with your child can help them develop:

- Social Skills
- Vocabulary
- Curiosity



READING TO YOUR CHILD EVERY DAY:

Get your child a library card, take her to the library to check out books, read a variety of books, read the captions under pictures in the newspaper, even share the comics.

Just read!

Engage your child in meaningful literacy activities. Encourage your child to help you with thank you cards, shopping lists, or notes. They may start with scribbles or pictures, move into scattered letters, and finally some recognizable words as they enter school.

Appreciate their attempts and watch their skills develop with practice!

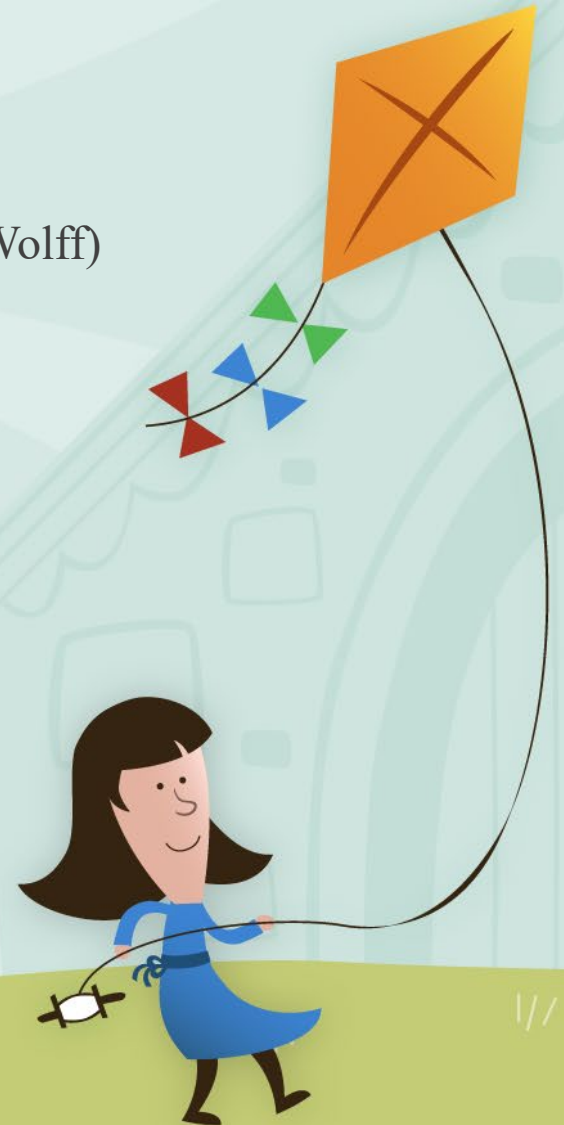


SOCIAL EMOTIONAL AWARENESS:

Read books together about starting school!

You can ask your local librarian for suggestions or try some of these:

- *Miss Bindergarten Gets Ready for Kindergarten*, Joseph Slate (Illustrated by Ashley Wolff)
- *Seven Little Mice Go to School*, Kazuo Iwamura
- *Pete the Cat: Rocking in My School Shoes*, Eric Litwin (Illustrated by James Dean)
- *Mom, It's My First Day of Kindergarten*, Hyewon Yum
- *Yoko Learns to Read*, Rosemary Wells



Shape Recognition

Point out shapes, ask about shapes.



Letter Recognition

Explore the letters in their name. Encourage your child to recognize and write the letters in their name.



Reading Comprehension

Talk with your child about the story, talk about feelings.

Read Together...



START YOUR READY FOR SCHOOL RITUALS EARLY:



Routines are comforting for us and for children. To reduce stress and get used to the new routines:

- Read a soothing bedtime story every night to help your child fall asleep with comforting thoughts. (Avoid the news and violent programs in the evening.)
- Adjust new bedtimes and wake up times a few weeks before school begins.



PLAY OUTSIDE...

Making friends, socializing, and playing with peers.

Other skills:

- Children can bounce a ball, walk in a straight line, sit with their legs crossed, climb up and down stairs, and throw, catch, and kick with control.



FOCUS ON SELF-HELP SKILLS:



Your child should know how to wipe her face after lunch without prompting and blow her nose without assistance. But be sure she is also comfortable asking an adult for help when necessary.

TEACH RESPONSIBILITY:

Start transferring small responsibilities over to your child, if you haven't already. After a family trip to the pool, you might put your child in charge of emptying the backpack, refilling the water bottles, or hanging up his wet swimsuit. Even when it may be easier for you to complete these tasks, let him accept the responsibility.



Kindergarteners Are Independent:

These skills will take your child from the coatroom to the lunchroom/cafeteria and beyond:

- Provide serving spoons so your child can serve himself at the dinner table and clear his own dishes.
- Use the bathroom without assistance and wash his or her hands without constant reminders.
- Some parents offer wipes in “baggies” or bottles of water for good hygiene practices, to carry in their backpacks.
- e at home where only shoes go and teach them to put on his/her own shoes.
- Put a plastic hook by the door at home for their jacket and backpack to build the practice of caring for their jacket or make sure they hang up their jacket as they arrive every day
- Set out their clothes and backpack the night before, to help them learn to get ready.
- Encourage your child to dress him/herself, take his/her coat on and off and hang it up.



OUR FAMILY IS GOING TO KINDERGARTEN:

Ready or Not Kindergarten, Here we come!

By Tracy Galuski

<https://www.naeyc.org/our-work/families/kindergarten-here-we-come>

Helping your child to develop independence at home, encouraging your child to dress him/herself, take his/her coat on and off and hang it up, use the bathroom without assistance and wash his hands without constant reminders, and put on his own shoes.



Transitions Are Hard

- Conversation skills are best modeled at home
- Encourage children to share their experiences

BE HONEST

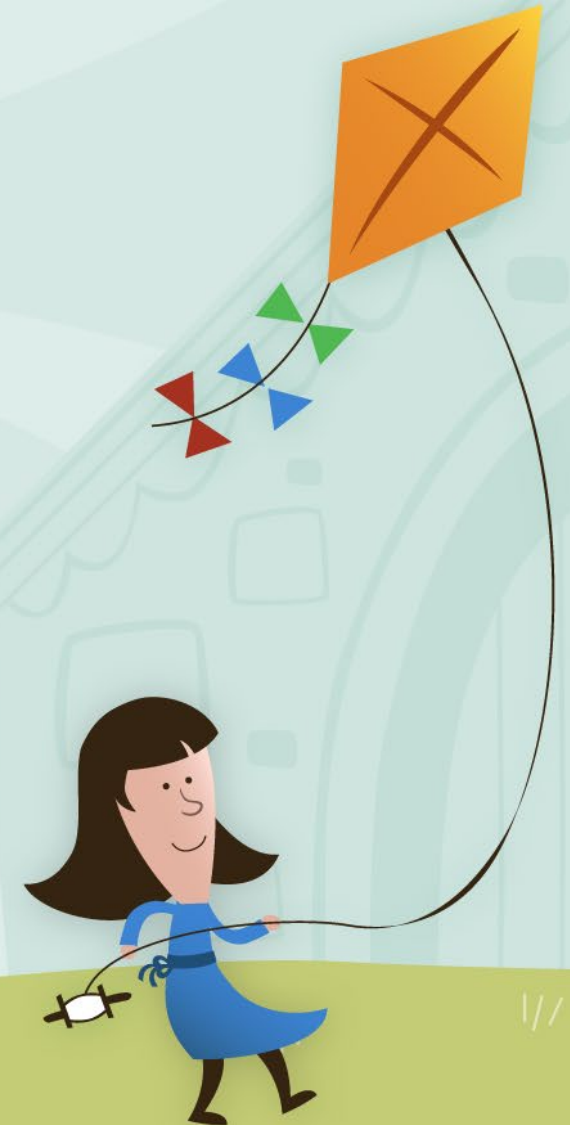
Whatever they feel, take time to appreciate where they are.
Acknowledge his/her feelings.

BE KIND

Your child may express being nervous, not wanting to go or alternately, feeling very excited to start school.

BE RESPECTFUL

Acknowledge his/her feelings. Avoid talking about school too much or wait until the end of summer is near.



BEFORE THE TRANSITION TO KINDERGARTEN:

Starting school can be scary and exciting for both you and your child.



- **Effective kindergarten teachers know that children are individuals who each start kindergarten with a wide range of skills.**
- **There is no need to drill your child with letters, numbers, and facts, before school starts. But there are some things you can do to prepare both you and your child for kindergarten.**



VISIT THE SCHOOL AND MEET THE TEACHER.

- If there is a visiting day to meet your child's teacher and visit her classroom before school starts.
- If you missed visiting day or the school does not offer one, call to see if you can arrange a quick visit to see the school and to meet the teacher with your child.
- Make sure to participate!



If your child has allergies or special needs, send a note to the office and to the teacher...

- Do this even if you have indicated this on other forms already.
- It may be critical for teachers to know that your child reacts to bee stings, has food allergies, or has hearing or vision modifications.
- As a parent, you have the responsibility to advocate for your Child's Health and Safety.



ON THE FIRST DAY OF SCHOOL:



Be positive!



Avoid behaviors that might upset your child. For example, try not to:

- Battle with your child about an outfit you want them to wear. (She doesn't have to be the school fashion queen.)
- Force your child to eat a big breakfast. (They may be nervous, and it might be better to eat lightly than to have a stomachache, for the first couple of days).

Help your child say goodbye. Saying goodbye in a new setting can be frightening for some children.

- When you say goodbye, reassure your child that you will see her later.
- Mention a specific time and a concrete activity, such as, "I will pick you up before lunchtime and we will have lunch together."
- Give your child a smile and a hug, tell them you love them, and wave goodbye.



DURING THE FIRST WEEK OF SCHOOL:

Be supportive, adjusting to school may take time!

- *“What was the most fun thing you did in school today?”*

Instill a sense of confidence in your child by celebrating their successes.

- *“I am so proud of the way that you got on the bus and sat down all by yourself.”*
- *“Look, how you wrote your name!”*



HOMework TIME IS QUALITY TIME!



- Set aside a time, each evening, to share your child's day.
- Create a ready homework space, table location, or desk.
- See if your child has brought home any drawings, paintings, or scribbling.
- These papers may be very important to your young student.
- If there are no papers, don't assume that your child didn't do anything worthwhile.

TALKING TO THE TEACHER:

After a few weeks have passed and your child has gotten used to school, ask the teacher about what your child played with in the classroom, what stories the teacher read, if your child went outside, etc.

Listen for clues about your child's strengths and challenges. If you have concerns, contact the teacher and set up a time to talk.





The quiet child who has reading abilities will find her way to the social butterfly that needs help writing his name.



The silly, wiggly child will find a spot as the classroom helper.

Rather than worry about whether your child is ready to read and write, think about his or her overall skills.

What can they do well that will help them succeed?

Rest assured, they will all navigate kindergarten together!



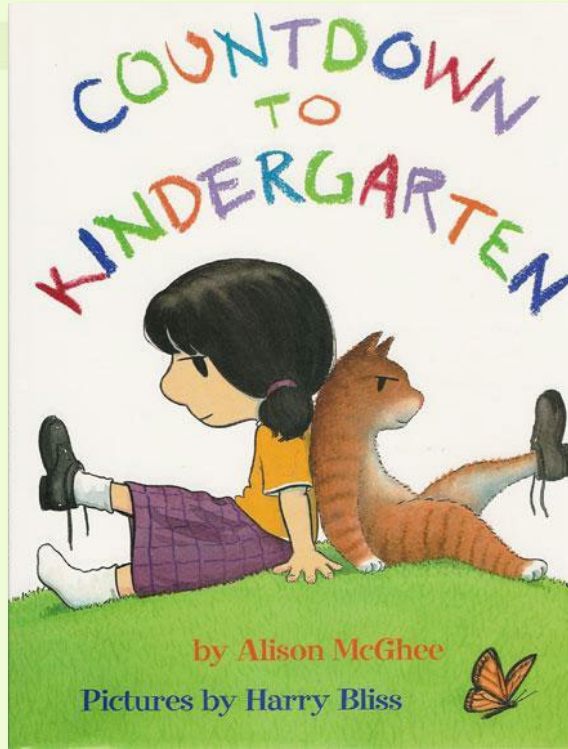
FIVE C'S OF KINDERGARTEN

- *Core Skills*
- *Creativity*
- *Critical Thinking*
- *Curiosity*
- *Character*



Heading to school means the beginning of their development of the 5 C's.

School Readiness Checklist:



Kindergarten Academics	<ul style="list-style-type: none">• Recognizes primary shapes• Writes own first name• Understands structure, basic features of books• Counts up to 20 objects• Recognizes letters of the alphabet• Recognizes rhyming words• Answers questions about details in literature
Self Regulation	<ul style="list-style-type: none">• Follows two-step directions• Works and plays cooperatively with peers• Follows class rules and routines• Handles frustration well• Participates successfully in large group activities• Stays focused on individual/small group activities
Social Expression	<ul style="list-style-type: none">• Appropriately expressed needs and wants• Demonstrates curiosity, eagerness for learning• Tells about a story or experience Expresses empathy or caring for others
Motor Skills	<ul style="list-style-type: none">• Uses a pencil with proper grip• Has general coordination





San Francisco Unified School District,
Kindergarten Readiness Inventory (KRI)

San Francisco Public Library,
Book List Suggestion

*Thank you for
the resources!*



OTHER RESOURCES:

- **“Transitioning to Kindergarten,”** By Janis Strasser
<https://www.naeyc.org/our-work/families/transitioning-to-kindergarten>
- **”Ready or Not Kindergarten, Here We Come!,”** By Tracy Galuski
<https://www.naeyc.org/our-work/families/kindergarten-here-we-come>
- **Parent Resources:** The Begin Approach
- **Print Awareness:** The Begin Approach

