



PREPARING YOUR CHILD FOR KINDERGARTEN

Cheer your child on!

When children know that you are proud of them for trying hard, trying something new or doing something on their own, it gives them the confidence to continue trying new things and to become more independent. Cheering your child on with your words and actions will encourage confidence and help prepare for the many new ideas and situations to be experienced at school.

Children who come to school with confidence look forward to school and are not afraid of the many new people and situations they will face. Your child will begin school ready to learn. Teach your child to think, "I can do it!"

How independent should my child be?

Attending school requires some independence for children. Before attending school, most children should be able to:

- get dressed
- tie shoelaces or do up Velcro straps
- **use the bathroom**
- eat snacks or a meal
- speak in a way that is understandable to others.



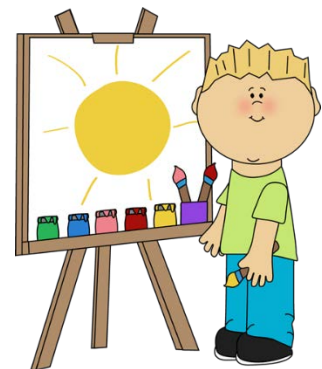
Of course, all children are unique, and some children may have special needs that affect their skill in certain tasks. Speak to the principal of the school your child will attend about how you can work together to meet your child's special abilities and needs.

How can I encourage my child?

Learning is a social activity. Interaction with other children and adults helps your child gain confidence and many of the skills necessary in school and in life.

Encourage your child to:

- Speak about feelings and actions
- Take turns, co-operate and share with others
- Use markers, crayons, paint and scissors
- Sit and listen to stories and music, or play a game



What should my child know?

When starting Kindergarten, each child will arrive at school with different skills, knowledge and experience. Developing early literacy skills is key to establishing a strong start for your child. There are several things most four or five-year-olds should know before starting Kindergarten:

- Their first and last name
- Their age
- Where they live and their phone number.
- Play with toys and put them away when finished



As a parent, you can improve your child's interpersonal and communications skills by:

- Talking to your child and encouraging discussion
- Giving your child the opportunity to participate in play groups
- Allowing your child to be a problem solver who works simple things out on his own
- Helping your child to be a good listener; learning to wait their turn to speak
- Finding a few minutes each day to give your child your individual attention
- Letting your child see you reading and writing.

How else can I help my child?

- Read to your child daily.
- Ensure your child is well rested and in good health.
- Provide healthy snacks to give your child enough energy to get the most out of the Kindergarten experience.
- Show your child a positive attitude towards school.
- Teach skills at home to instill confidence and help your child succeed in the first years of school.



Resources for Parents

Book Suggestions:

- First Day Jitters - Julie Danneberg
- Do You Want To Be My Friend – Eric Carle
- Pete the Cat: Rocking in my School Shoes – James Dean
- Wemberely Worried – Kevin Henkes
- The Kissing Hand – Audrey Penn
- Sheila Rae The Brave - Kevin Henkes
- Look Out Kindergarten, Here I Come! - Nancy Carlson
- Kindergarten Rocks! - Katie Davies
- Annabelle Swift, Kindergartener - Amy Schwarts

Child Development Websites:

- [Welcome to Kindergarten](#)
- [Naitre et Grandir](#)
- [Pathways](#)
- [Encyclopedia on Early Childhood Development](#)

Community Resources

- [Ministère de la Famille](#)
 - (*click on CARTE INTERACTIVE under SERVICES AUX FAMILLES: (bottom left-hand corner))
- [211 Community Resource Guide](#)

