



## Kindergarten Readiness Tips

*Help prepare your child to make the transition to kindergarten as smooth as possible.  
Just 15-20 minutes of playing and learning can make the world of difference!*

### Social/Emotional Development

- Encourage your child to persist in tasks when encountering a problem by giving her/him tasks slightly above current ability level. When your child cannot find a solution on her/his own, encourage her/him to ask for help
- Play board games to practice taking turns.
- Set up several play dates with friends of various ages.
- Allow your child to stay with other trusted adults for a few hours at a time prior to kindergarten.
- Set the expectation that s/he is to clean up after play.

### Language Development

- Verbally give your child specific one-step and two-step directions and encourage her/him to follow through.
- Read to your child for a combined total of at least 2 minutes each day.
- While reading, point out how to hold a book and the orientation in which we read the words and look at the pictures (left to right).
- After reading, ask your child what happened in the beginning, middle and end of the story.
- Give your child plenty of opportunities to draw (without coloring books).
- Teach your child the uppercase and lowercase letters and, most importantly, the sound each letter makes through play and games

### Cognitive Development

- Have your child help you sort items according to color, size and shape (laundry, blocks, silverware, toys and other household items work well).
- Teach your child to make various patterns. Garage sale dot stickers or craft pom-poms are great for this.
- Practice counting aloud to 20 while driving in the car.
- Teach your child numerals 1-10.
- Count objects in the home. Have your child point to each object as s/he counts.
- Go on a shape hunt. Point out circles, triangles, squares and rectangles to your child while you are taking a walk or grocery shopping.
- Talk about opposite words (big/little; empty/full; slow/fast)

### Physical Development

- Give your child plenty of opportunities for outdoor play (running, jumping and climbing).
- Play catch, practice skipping and stack blocks together.
- Let your child use child-safe scissors to cut out a variety of shapes.
- Teach your child to write her/his name, being sure s/he forms the letters from the top to the bottom.
- Play with a playdough regularly, rolling, squishing, stamping and even cutting it!
- String large beads to make a necklace.
- Play with an interlocking puzzle together.

### Creative Arts

- Always encourage pre play, not being afraid to occasionally join your child in her/his fantasy world!
- Teach your child to recognize the following colors: red, orange, yellow, green, blue, purple, black, white, brown and pink.
- Use a variety of materials to let your child paint, draw and explore!