



How to prepare your child for Kindergarten:

- Encourage play with others. (Sharing, taking turns, working out differences)
- Read a story to your child and have them respond by answering questions.
- Make up stories and retell events with beginning, middle and end.
- Look for patterns around you!
- Distinguish between letters and numbers
- Establish a routine for morning and nighttime.
- Make sure your child gets adequate sleep (10-12 hours per night)
- Talk about feelings.
- Talk and listen responsively.
- Ask questions that require longer answers (Why? How? Tell me more about...)
- Sorting/classifying/matching (You can use regular household objects such as foods, toys, clothes, etc.)
- Have your child help around the house (Give them chores to complete to build direction following skills and task completion).
- Read nursery rhymes, play silly word games and sing songs.
- Limit screen time and talk about shows you watch with your child.
- Incorporate concepts and opposites (hot/cold, big /little, more, less, etc.)
- Remember a little frustration is okay! Try to have children solve a problems by themselves first and work on how to ask for help.
- Don't worry about memorizing facts! Prepare your child by having them play with others, solve problems, ask for help and listen responsively.

