

Let's Get Ready for Kindergarten!

Dear Families,

Here are some skills that are helpful for kids to have before their first day of Kindergarten. It's normal to be strong in some areas and need extra practice in other areas.

There are always things you can do at home to help your child get ready for Kindergarten. If you have any questions or concerns, reach out to the school your child will be attending for Kindergarten.

What can I do at home to help prepare my child for Kindergarten?

- Stick to a consistent bed and wake up time
- Encourage independence in all daily routines - cleaning up, preparing food, toileting, getting dressed, solving problems
- Have predictable and consistent household rules and consequences
- Limit screen time to one hour per day of supervised and age-appropriate content
- Read together every day!
- Prepare for school the night before - pack lunches, backpacks, and pick out clothes.
- Talk to each other to build language and social-emotional skills
- Get outside, move your body, and play!



KINDERGARTEN EXPECTATIONS

Helpful Guide for Families



Language Development

In Kindergarten, children's language skills grow in important ways. They learn new words from books, conversations, and activities.

In Kindergarten we focus on:

- Following 2-step directions
- Verbally expressing needs
- Speaking in complete sentences
- Being understood by unfamiliar ears
- Using language with peers in both social and learning environments
- Taking turns when speaking
- Listening attentively to adults and peers
- Using language playfully by identifying, blending, separating, and modifying sounds in words to develop strong phonemic awareness



Routines & Independence

Creating routines is an important part of your child's development both at home and at school. Some routines that your child may follow at school may include:

- Walking in a straight line
- Using the bathroom independently
- Raising their hand to speak
- Entering and leaving the classroom
- Taking care of their own belongings
- Waiting their turn
- Moving from one activity to the next
- Sitting and listening to an adult for at least 5-10 minutes of learning



Gross Motor & Fine Motor Skills

Children continue to develop both gross motor and fine motor skills, which are essential for their physical and cognitive growth. Some of the typical fine and gross motor skills that Kindergarteners need include:

- Holding a pencil with a three or four finger grasp
- Using scissors safely to cut lines and curves
- Sitting in a crisscross, knees bent, or stretched leg position on the floor or sitting up in a child-sized chair for at least 10 minutes without slumping or laying down
- Opening food packages and milk cartons independently at lunch
- Putting on, taking off, and zipping jackets, putting on winter boots, and starting to learn how to tie their own shoes

