



Kindergarten Readiness

As children approach kindergarten age, many parents feel anxiety about whether their child will do well in kindergarten. Throughout the preschool years, your child has been working toward this milestone. Some children are ready to make the leap into formal school before others. Using the list below, can help you feel confident about your decision to follow county minimum age guidelines or wait that extra year.

Listen to stories without interrupting
Pay attention for short periods of time to adult-directed tasks
Show understanding of general times of day
Begin to share with others
Manage bathroom needs
Begin to control oneself
Speak understandably
Look at pictures and then tell stories
Identify the beginning sound of some words
Recognize some common sight words like "stop"
Sort similar objects by color, size, and shape
Recognize groups of one, two, three, four, and five objects
Bounce a ball

Recognize rhyming sounds
Understand actions have both causes and effects
Cut with scissors
Start to follow rules
Button shirts, pants, coats, and zip up zippers
Separate from parents without being upset
Talk in complete sentences of five to six words
Identify rhyming words
Identify some alphabet
Trace basic shapes
Be able to recognize authority
Count to ten

Connections Early Learning and Development, LLC helps each child throughout their enrollment gain the skills necessary to succeed in school, and life. If a child has access to materials in their environment and a caregiver that supports ABCs and 123s, they WILL learn; they WILL be ready for school! All the children that have attended my program in the last twenty + years through to kindergarten have adjusted easily and excelled in school.

Transitioning from Preschool to Kindergarten

Even though many children are ready to make the leap into kindergarten from preschool, they may still feel anxiety about the changes to come. I will talk to your child when he/she is in child care about the upcoming changes, answer any questions, show that I understand the feelings being expressed, and try to calm their ideas. I also read stories about preschoolers going to kindergarten for the first time. A kindergarten classroom and daily routine are much like that of a preschool class and routine. So most children moving from a preschool environment into kindergarten will find comfort in the similarities of the room set-up and daily structure.

1. Talk about the transition to your child in a positive way and try not to let your own anxiety about the change show too much.
2. Visit the school as soon as you can this summer. If your school offers visiting days, do your best to have your child attend. If your child's kindergarten provides a daily schedule of activities ahead of time, go over it with your son or daughter. Take photos of the school, the classroom, and the new teacher, if possible.
3. See if you can find out some of your child's new classmates, and set up a play date. Some schools offer late summer playground dates for incoming kindergartners.
4. Role play as much as you can (dramatic play is very important to help preschoolers learn how to accept change and how to begin new roles).

5. Tell your child how you felt when you had to go to kindergarten—and what made you feel better and how it turned out okay (that is if you can remember!)
6. Ask your child's siblings to tell her/him about their experience.
7. Remind your child "It's okay to be afraid. But, you'll feel better each day that you're there. Lots of kids feel just like you do." It can be tempting to try to brush off a child's fear (after all, **you** know it will be okay). Instead try to acknowledge your child's fear as real and appropriate while offering reassurance.
8. Preschoolers need to feel that their parents believe how they feel is true.
9. Give your child *time* to talk to you about their fears.
10. With your child, write a story about his or her first day at kindergarten (with your child as the main character!) Include logistics, feelings, etc.

Read to your child about starting kindergarten. Some good choices are *The Night Before Kindergarten* (Reading Railroad Books) Paperback, by illustrators Natasha Wing and Julie Durrel; *Miss Bindergarten Gets Ready for Kindergarten*, written by Joseph Slate and illustrated by Ashley Wolff; *Kindergarten Rocks!* by Katie Davis; *Look out Kindergarten, Here I Come!* by Nancy Carlson; and *I Am Too Absolutely Small for School* (Charlie and Lola), by Lauren Child.