
LONG DAYS, SHORT YEARS

Preparing Your Child for Kindergarten and Beyond

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Format

1. What does a high-quality Kindergarten program look like?
2. What can I do now to prepare my child for a high-quality Kindergarten program?
 - a. Five Big Ideas
 - b. Examples and Suggestions
3. What next?
4. Resources for Parents
5. Q&A

“The first five years have so much to do with how the next 80 turn out.”

-Bill Gates

**What does a high-quality
Kindergarten program look like?**

A program where teachers:

1. Create community
2. Design stimulating learning experiences for children
3. Develop goals for children and use a curriculum that supports the child in meeting those goals
4. Respond to individual needs
5. Develop relationships with families

-National Association for the Education of Young Children

What can I do now in order to
prepare my child for a high-quality
Kindergarten program?

“People used to think children were ready for Kindergarten if they could say the ABC’s, count, identify colors, and write their first name. Readiness was always more complicated than that, and new brain research is helping us understand what readiness really is. Readiness doesn’t mean just knowing the academic basics. It means a child has a willing attitude and confidence in the process of learning: a healthy state of mind.”

-Dr. Dan Gartrell, *“Readiness: Not a State of Knowledge, but a State of Mind”*

Relationship

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“Research shows that the best thing we can do to get children ready for school is to form and keep positive relationships with them. Children who are securely attached to their family members accept themselves as worthy individuals. With ongoing family support, they can handle the frustrations, embarrassments, pressures, and successes that come their way. Securely attached children are better able to make friends, work with others, solve problems creatively, learn, and succeed. The best predictor of children’s success in school and life is a brain that develops in healthy ways, as a result of their attachments with their family, and especially their parents.”

-Dr. Dan Gartrell, *“Readiness: Not a State of Knowledge, but a State of Mind”*

Nurture your relationship with your child.

1. Be intentional about spending time together.
2. Name feelings.
3. Provide structure and routine.

Relationship
Independence
PAL

Support your child's need for independence.

1. Give your child age-appropriate responsibilities or chores.
2. Set goals with your child regarding self-care.
3. Look for times, though, when your child genuinely needs your help.

Relationship
Independence
Play
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Provide ample opportunities for play.

1. cognitive benefits
2. physical development
3. language development
4. literacy skills
5. social skills
6. planning and organizational skills
7. emotional development

Relationship
Independence
Play
Authentic Learning
L

Take advantage of authentic learning opportunities.

1. counting
2. predicting
3. identifying letters
4. rhyming
5. questioning
6. writing name

Relationship
Independence
Play
Authentic Learning
Literacy

Look for opportunities to help your child develop literacy skills.

1. Read aloud to your child.
2. Give your child opportunities to write and play with language.
3. Develop positive reading experiences.

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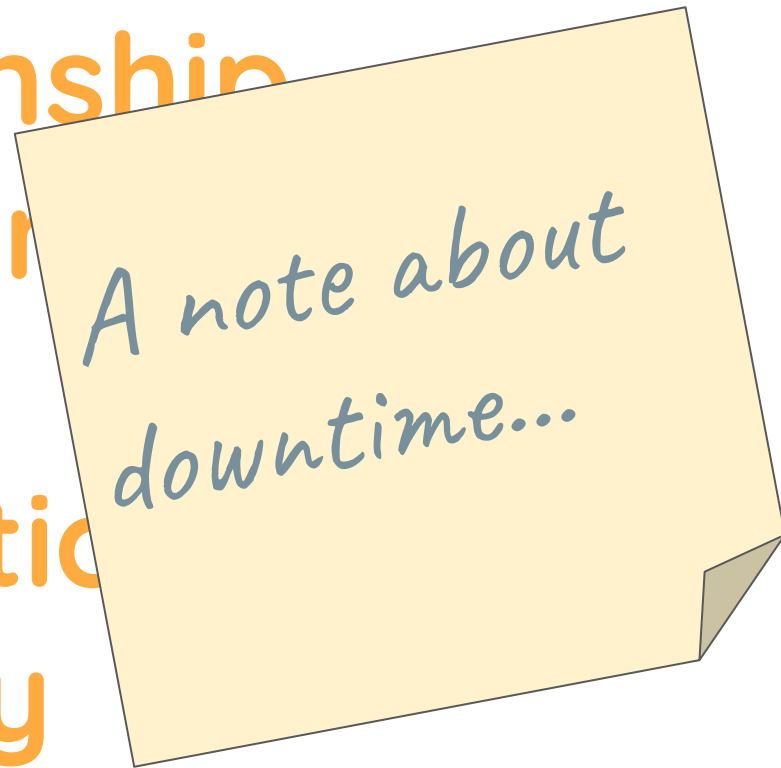
Play

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Authentic

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Literacy



A note about
downtime...

**What next? How can I keep the
momentum going beyond
Kindergarten?**

Raising a Lifelong Learner

1. Use growth mindset language.
2. Respect your child's unique qualities and individualize your expectations.

Recommended Resources

- NAEYC website
- *Yardsticks: Children in the Classroom Ages 4-14* (Wood)
- *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind* (Siegel & Bryson)
- *The Importance of Being Little* (Christakis)

Q&A



Reflection