

How Parents Can Help At Home

The biggest milestone in a young person's life is when he/she enters Kindergarten. It is an exciting time for both the child and parent. As a parent, there is so much that you can do to ensure your child's easy transition to Kindergarten and overall success in school.

1. READ, READ, READ. Read to your child every day. Check out books from the public library...they're free. Attend "Story Time" at the library or local bookstore.
2. Make sure your child is healthy. Provide healthy snacks for your child and encourage your child to eat a nutritious breakfast and lunch. Make sure he/she gets plenty of sleep each night. Make sure immunizations are up-to-date.
3. Monitor the amount of time and the programs your child watches on TV. Limit viewing to one hour a day, preferably an educational program. If possible, watch the program with your child and discuss the content with him/her.
4. Encourage your child's self esteem and independence by giving him/her special jobs to do. (Make their bed, set the table, turn off TV at dinner time)
5. Teach your child responsibility by making him/her responsible for:
 - Picking up toys
 - Throwing trash in the trash can
 - Zipping, buttoning, buckling clothing
 - Flushing toilet after use
 - Washing hands independently
6. Give your child opportunities to:
 - Count things (socks in the drawer, people in your family, etc)
 - Follow two-step directions (Pick up the toys and close the door)
 - Recognize and write his/her name (Capital first letter, lower case for the rest)
 - Make choices (Do you want to wear the blue shirt or the red shirt?)
 - Express his/her thoughts and ideas (ask your child's opinions about things, let him/her tell you about their day)
 - Separate from you for a few hours – Let your child stay with a friend or family member while you are away.
7. Be involved in your child's education! Plan to attend:
 - Kindergarten orientation
 - Back to School Night
 - Parent-teacher conferences
 - PTO/PTA meetings
 - Open House
 - Other school events
8. Volunteer in your child's classroom. It shows your child that school is important, it's a great way for you to help the teacher, and it keeps you informed about what your child is learning at school.

