



Ready for Kindergarten!

You *can* help your child prepare for school. Remember that every child develops at his or her own pace and all children have strengths and weaknesses. Appreciate your child and his/her talents and intentionally make your time with your child enjoyable and fun!

Social/Emotional Milestones

- ✓ Separate from parent confidently
- ✓ Manage emotions
- ✓ Respects self and others
- ✓ Shares and take turns
- ✓ Asks questions to problem solve
- ✓ Plays well with peers
- ✓ Works independently on simple tasks
- ✓ Is ready to learn and have fun!

Developmental Milestones

- ✓ Sit and listen for 10-20 min.
- ✓ Count to 10
- ✓ Follow simple directions/safety rules
- ✓ Express themselves verbally with adult & peers
- ✓ Uses the bathroom without help
- ✓ Can take off and put on jacket, pants by self
- ✓ Knows name, address, basic colors & shapes
- ✓ Interested in learning letters and numbers

If your child attended preschool, you may both be accustomed to the daily routine and separation of attending school. If school is a completely new experience, here are some transition suggestions:

Things to Do Now For a Smooth Transition:

- Read! Read! Read! Over the summer, visit your local library and attend family literacy events.
- Utilize STEM Education concepts by noticing and creating different patterns, colors and shapes.
- Practice fine motor skills by offering opportunities to draw, color, cut, paste, & play with play dough.
- Provide opportunities build gross motor skills by going on family walks, swimming at your community pool, climbing at your local park, enrolling in community sports programs, etc.
- Encourage language & communication through daily conversations, cooking, crafts & singing songs.
- Offer choices to build self confidence (with clothes, eating out, activities, etc).
- Every day, ask your child questions about different experiences and then *listen* to their response.
- Set limits – together
- Have your child help with simple chores, participate in deciding about family events, etc.
- Promote self-sufficiency (encourage dressing, shoe tying, bathroom etiquette, etc.)
- Support “playdates” to encourage communication, problem solving, and build positive social skills.
- Encourage imagination (e.g. help your child build a fort in the living room or play dress-up).
- Have fun with your child (e.g. encourage laughter, enjoy time outdoors, play games, etc.).
- Establish daily routines (knowing what to expect helps children feel safe and secure).
- Demonstrate a positive attitude towards school and learning.
- Throughout the summer, talk with your child about school and answer any questions your child may have about Kindergarten.

- Offer to share stories of when you were in elementary school and talk about your favorite experiences with special teachers or a specific subject matter.
- Throughout the summer, take informal visits to your local school to help your child become more familiar with the school and the school's layout.
- Make the first day of school a celebration!

For the First Day:

- Have your child wear comfortable, casual clothing items that they can do and undo by themselves and wear shoes that can run in and tie (no open-toed shoes or flip flops).
- Bring a regular size backpack to school and do **not** bring school supplies to school. The Laguna Beach Unified School District will provide school supplies to all of our students.
- Kindergarten attendance and punctuality are important! Being at school on time and every day will provide an important sense of structure and routine for your child.
- Both you and your child may both feel a little unsure of how this transition will affect you, your schedule and usual family activities, and the family as a whole. Know that the first few days may be a little sad, strange, or stressful but your child will also have fun and will adjust with time.
- Look for opportunities to become involved with your child's school by volunteering at the school and in your child's classroom. It's a wonderful way for you to stay connected to them throughout this new adventure!

Kindergarten Book List:

- ★ *First Day Jitters*, by Julie Danneberg
- ★ *I Am Too Absolutely Small for School*, by Lauren Child
- ★ *Kindergarten Rocks*, by Katie Davis
- ★ *Sam and Gram and the First Day of School*, by Dianne Blomberg
- ★ *The Berenstain Bears Go to School*, by Stan and Jan Berenstain
- ★ *Welcome to Kindergarten*, by Anne Rockwell
- ★ *When You Go To Kindergarten*, by James Howe

**Do you have additional questions about your child's development or school readiness?
If so, please contact the Laguna Beach Unified School District's School Readiness Program:**

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