Preparing Your Child for Kindergarten

The following list is intended to help prepare your child in a variety of developmental areas to make the transition into kindergarten as smooth as possible.

Language Development

- Verbally give your child specific one-step and two-step directions and encourage him or her to follow through
- Read to your child for a combined total of at least 20 minutes each day
- While reading, point out how to hold a book and the orientation in which we read the words and look at pictures (left to right)
- After reading, ask your child what happened in the beginning, middle, and end of the story
- Read and sing nursery rhymes
- Introduce the sounds each letter makes through play and games

Cognitive Development

- Have your child help you sort items according to color, size, and shape (laundry, blocks, toys)
- Teach your child to make various patterns (red, blue, red, blue)
- Practice counting aloud to 20 in the car
- Teach your child numerals 1-10
- Count objects in your home
- Go on a shape hunt. Point out circles, triangles, squares, and rectangles while on a walk or shopping at the grocery store
- Talk about positional and directional concepts like up/down, over/under
• Talk about opposites (big/little)

Physical Development Gross and Fine Motor

• Give your child plenty of opportunities for outdoor play
• Play catch
• Practice skipping
• Stacks blocks together
• Let your child use child-safe scissors
• Teach your child to write his or her name
• Use play dough regularly
• String large beads to make a necklace
• Play with puzzles
• www.therapystreetforkids.com
• www.theimaginationtree.com

Creative Arts

• Always encourage pretend play
• Use a variety of materials to let your child paint, draw, cut and explore

Social/Emotional Development

• Play board games to practice taking turns
• Set up several play dates with friends
• Limit screen time (TV, movies, video games)
• Tell your child you expect him or her to clean up after play
• Help develop patience by having your child wait for turns or for your attention

Behavior Support Resource: