

# 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 them 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
- Stack blocks together
- Let your child use child-safe scissors
- Teach your child to write their name
- Use play dough regularly
- String large beads to make a necklace
- Play with puzzles
- [www.therapiststreetforkids.com](http://www.therapiststreetforkids.com)
- [www.theimaginationtree.com](http://www.theimaginationtree.com)

### Self Help Skills

- Practice independent bathroom use
- Practice changing clothes
- Practice zipping and buttoning clothes
- Learn to tie shoes if choose to wear shoes that do not use Velcro
- Practice opening packaged foods and drinks

### 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 them to clean up after play
- Help develop patience by having your child wait for turns or for your attention

### Behavior Support Resource:

Phelan, Thomas. *1, 2, 3 Magic: 3-Steps Discipline for Calm, Effective, and Happy Parenting*. Naperville, Illinois: Sourcebook Inc., 2016.

