



Ready for TK and Kindergarten!

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

Social/Emotional Milestones

- ✓ Separate from a 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
- ✓ Be ready to learn and have fun!

Developmental Milestones

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

If your child attended preschool, you might both be accustomed to the daily routine and separation of attending school. If school is an entirely 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 to 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 (clothes, eating out, activities, etc.).
- Every day, ask your child questions about different experiences and listen to their response.
- Set limits – together
- Have your child help with simple chores, decide about family events, etc.
- Promote self-sufficiency (encourage dressing, shoe tying, bathroom etiquette, etc.)

- Support “playdates” to promote 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 big 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. The Laguna Beach Unified School District will provide school supplies to all students.
- 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 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

For more information about your child’s development or school readiness, please contact the Laguna Beach Unified School District’s School Readiness Program at schoolreadiness@lbusd.org.