

TRANSITIONAL KINDERGARTEN

TIPS FOR FAMILIES

Welcome to TK

TK Families,

We are excited for your child to come to TK in August. We have some information to help your child succeed in our program. You can practice many skills at home before school starts and throughout the year.

Our Program

Dry Creek Transitional Kindergarten (TK) teachers are fully credentialed and create lessons based on a curriculum that adheres to the California State Content Standards. The primary objective of the TK program is to ensure readiness for Kindergarten, with a specific focus on language, literacy and early math skills. Additionally, our award-winning program significantly emphasizes the fostering of social, emotional and motor skill development. Students are encouraged to engage in hands-on, play-based learning through exploration and inquiry. These experiences build self-confidence and establish a solid foundation for future success in school.



Academics

- Sing, read, and discuss the alphabet, colors, shapes and numbers.
- Teach your child their first and last names, birthday and parent's names.
- Practice counting 1-10.



Language

- Read! Read! Read! Read as much as possible and talk about letters, numbers and shapes as you read.
- Talk with your child as much as possible. Include them in household activities such as food preparation and laundry. Talk with them about your day and their day.
- Give your child simple, easy-to-follow directions. Start with 2 step directions and make sure there is completion.





Gross & Fine Motor Skills



- Please encourage your child to open snacks and juice boxes.
- Let your child run, jump and climb as much as possible. Bouncing and catching balls is excellent for developing motor skills as well.
- Encourage children to use all types of materials to write: crayons, markers, paint, and chalk are some examples. Teach your child the “Pinch and Flip” method, which is:
 - Lay the pencil flat in front of the child with the lead pointing at the child. Have the child pinch the pencil like they would pinch somebody else and flip the pencil back toward the child with the eraser going over the hand. Then, rest it on the middle finger.
- Help your child use blunt safety scissors. Demonstrate how to hold scissors and cut with them under close supervision.
- Foster your child’s fine motor skills by bead stringing, play-doh, block building, drawing and coloring.
- Work with your child on writing his/her name the correct way. Their name should start with an uppercase letter; the remaining letters are lowercase.



Social Development

- Let your child play! Playing independently is important, but also take time to play imaginary and make-believe games, board games, puzzles, and outdoor activities. This is a good time to practice taking turns and sharing, too!
- Encourage consistent personal hygiene skills. This includes being able to use the bathroom independently and cleaning oneself. Your child should be able to blow his/her nose and cough into the inside of their elbows.
- Encourage independent activities throughout the day, such as dressing oneself (especially jackets and coats), putting shoes on, or completing one small task, such as refilling a water bottle or washing hands.
- Allow your child to stay with other trusted adults for a few hours to develop independence (especially if they have rarely been in the care of someone other than family).
- Children at this age should get approximately 10-12 hours of sleep each night. Set up a consistent routine with a bedtime between 7-8 PM.
- Set up several play dates with friends of various ages.
- Limit electronic use. The World Health Organization recommends that children between 2 and 5 be limited to one hour of screen time daily.
- Practice following one to two-step directions. This could be done by playing games or doing art projects.
- Purchase lunch or snack containers and water bottles before school starts. Practice eating snacks and lunches out of containers and opening and closing containers or packaging. Also, practice eating lunch in a shorter time frame.



COME LEARN WITH US!

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