Child's Name: _____

Summer Homework Checklist

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. Believe it or not, just 15-20 minutes a day of playing and learning with your child can make a world of difference!

- ☐ Read to your child for at least 20 minutes every day. Point out how to hold a book the right way, and ask your child questions about the story.
- ☐ Encourage your child to persist in tasks when encountering a problem. When your child cannot find a solution on his own, encourage him to calmly ask for help.
- ☐ Let your child use child-safe scissors to cut out a variety of shapes.
- ☐ Let your child play! Play with play-doh, string beads to make a necklace, do puzzles together, stack blocks, build with Legos.
- ☐ Provide crayons, markers, pencils, scissors, glue, paints, etc. for your child to use and to express and explore their creativity!
- ☐ Limit Screen Time. The American Academy of Pediatrics suggests children get no more than 1 hour of screen time per day. This includes TV, video games, even cell phones! All screens!
- ☐ Talk and model how to express feelings appropriately and with self control. Encourage children to treat their friends and family with kindness.
- ☐ Help your child practice learning to tie his/her own shoes, and let them tie, button, and zip their own things.
- ☐ Play board games to practice taking turns.
- ☐ Verbally give your child specific one-step and two-step directions and encourage him to follow through.
- ☐ Give your child plenty of opportunities to draw (without coloring books). Ask her to draw the things she sees around her.
- ☐ Give your child plenty of opportunities for outdoor play.
- ☐ Always encourage pretend play- occasionally join your child in his fantasy world.
- ☐ Give small chores or jobs to your child so that they may experience responsibility, accountability, and a sense of accomplishment.
- ☐ Give children opportunities to practice opening lunchboxes/snack containers and packing/unpacking backpacks.
- ☐ Practice getting into a routine, especially bedtime. Elementary aged children need 10-11 hours of sleep each night!