



## **Rising Kindergartener: Family Readiness Flyer**

*Quick, friendly tips to help your child feel confident and excited for kindergarten!*

### **1) Build Independence**

- Zip backpack/coat, open lunch containers, and use the bathroom independently.
- Clean up materials and follow 2–3 step directions.
- Help build stamina by playing, reading (looking at books) & listening by themselves for periods of time.

### **2) Set Simple Routines**

- Consistent bedtime/wake-up; practice morning and evening routines.
- Do a short 'school morning rehearsal' once or twice a week.

### **3) Grow Social Skills**

- Take turns, share, and use kind words; practice asking for help.
- Try short playdates
- Play games as a family.

### **4) Moderate Academics**

- Notice & name letters (especially in their name) and some sounds.
- Recite the alphabet and numbers up to 30.
- Count objects (one-to-one correspondence) up to 20.

### **5) Talk & Read Daily**

- Read 10 minutes a day; ask open-ended questions about the story.
- Play rhyming and 'I Spy' games to build vocabulary and listening.

### **6) Name Big Feelings**

- Help them label emotions and practice calm-down strategies.
- Model problem-solving and resilience out loud.

### **7) Fine-Motor Fun**

- Playdough, scissors (child-safe), beads/Legos, puzzles, coloring.
- Use tweezers/clothespins to strengthen finger muscles.

### **8) Build Excitement**

- Read books about school; visit the campus if possible.
- Let your child choose a backpack or lunchbox; talk about new friends and fun center.



