



# Getting Ready for Kindergarten

## Everyday Ways to Help Your Child Grow



We believe every child is wonderfully unique, with their own strengths, interests, and needs. You can support your child's transition to school through simple, everyday interactions that help them build the curiosity and confidence they need to thrive.



### INDEPENDENCE & CONFIDENCE

#### Practice Self-Care Skills

Encourage your child to practice dressing themselves, zipping coats, and managing their own needs in the bathroom to build school-day autonomy.

#### Prepare for the Transition

Help your child get comfortable being apart from you for short, predictable periods, and practice sharing their first and last name, and yours, when asked.

#### Foster Resilience

Support your child in learning how to ask for help and encourage them to keep trying, even when a task feels challenging.

### 123

### EVERYDAY MATH

#### Count During Daily Chores

Playfully count objects while cooking or cleaning, and practice counting to 20 through songs, games, or movements like jumping and clapping.

#### Compare and Contrast

Use snack time or toy cleanup to play with concepts like "more" and "less" to build early mathematical thinking.

#### Find Shapes and Puzzles

Look for circles, squares, and rectangles around the house, and use puzzles to build spatial awareness and problem-solving skills.



### LITERACY & LANGUAGE

#### Read & Talk Daily

Read together and talk about the story, pictures, and what your child notices. Encourage "who, what, when, where, and why" questions. If they like writing, help them write their name.

#### Safety Information

If it feels fun, teach your child your phone number and home address so they feel safe and confident in new places.

#### Build Phonemic Awareness

Explore letter names and sounds on signs or cereal boxes to build the foundational ability to recognize sounds in spoken words.

#### Explore Feelings

Have regular conversations about feelings, both their own and others', to help your child develop emotional vocabulary and empathy.



### CREATIVITY & MOTOR SKILLS

#### Encourage Imaginative Play

Provide opportunities for imaginative play, such as pretend stores, kitchens, animals, anything! It helps children communicate and think creatively.

#### Practice Fine Motor Skills

Build fine motor coordination and responsibility by using child-safe scissors, adding details to drawings, and putting caps back on markers.

#### Move Together

Dance, hop, and skip together to help your child learn to move safely and confidently from one place to another.

### MOST OF ALL...

**TALK. READ. PLAY.**

These everyday experiences build the curiosity, confidence, independence, and joy your child needs to be ready for kindergarten.

