Ready, Set...Kindergarten!

Stuffed Animal Parade

How to Play:

1

Play at home and/or at a friend's house

- Line up all the toys or stuffed animals along a "parade route" (a hallway, rug, or table).
- Introduce measurement words: big, small, tall, short, long, short
- Ask your child to pick a toy and describe it: *"This teddy is big."*
- Help your child to arrange the toys from shortest to tallest or smallest to biggest.

Language Extension:

2

Vocabulary development (big, small, tall, short, long)

Encourage full sentences:

- "The elephant is bigger than the cat."
- "The mouse is the smallest."
- "My big bear is in the front, and my small bunny is in the back!"

Numeracy Extension: Math Concepts

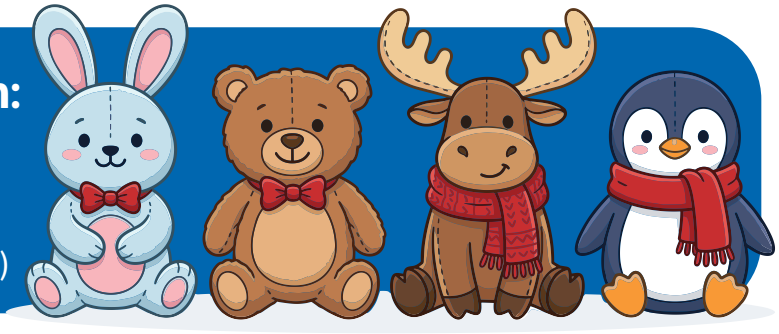
3

- Count all the toys in the parade.
- Introduce simple addition and subtraction:
  - "We have 3 small bunnies and 2 big bears. How many toys are in the parade?"
  - "If 1 toy leaves the parade, how many are left?"

Early Learning Skills Connection:

Children Can...

- Sequence and order objects by measurable attributes
- Practice fine motor skills (arranging toys)



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Bedtime Routine

As you are helping your child prepare for the transition into kindergarten, now is a good time to consider starting a bedtime routine to help build consistency. Well-rested students are more prepared for the school day! When creating a routine, consider your individual child's needs and family schedule to set you and your child up for success!

Why a regular bedtime routine is important in kindergarten

- Every child is different. As a parent, plan on your kindergarten-aged child needing between 10–13 hours of sleep.
- Studies have shown that children who get at least 10 hours of sleep:
  - Have an easier transition into kindergarten
  - Have a stronger academic performance
  - Get along better with peers
  - Display fewer struggles with behaviors

Strategies to make bedtime routine maintainable

- Ensure they have time to be active earlier in the day without overscheduling them
- Help them realize bedtime is coming
  - Be as consistent as you are able with what time they go to bed each night and wake up each morning
  - Turn off screens 1 hour before bedtime
  - Consider calming activities
- Consider the 4B's in your plan
  - **B**ath
  - **B**rush (bedtime is a great way to create consistency with teeth brushing)
  - **B**ook (this is a great time to reconnect with your child, no matter how busy the day was)
  - **B**ed (taking this time to tuck them in and saying goodnight can help with feelings of safety)

Stay in touch with your child's teacher throughout the year, especially if they notice—or your child mentions—feeling sleepy, and it's affecting their day.

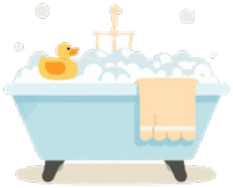
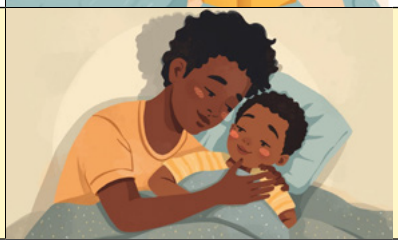
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If your child is struggling with a bedtime routine, pay attention and learn to recognize any sleep problems. This can include: trouble falling asleep, waking up in the middle of the night, resisting bedtime, and snoring.
Talk with your child's pediatrician if you have any concerns.

Bedtime Routine: The 4Bs

Skill		
❑		Bath
❑		Brush
❑		Book
❑		Bed

Information adapted from **healthychildren.org**
(American Academy of Pediatrics)

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