

10 Ways to Prepare Your Child for Kindergarten

Simple, everyday ways to build confidence and school-readiness skills at home!



PARENT GUIDE

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GROSS MOTOR SKILLS

The development and awareness of large muscle activity. It can be observed by having your child do activities that will demand the ability to use the large muscles of the body.

TRY THESE ACTIVITIES:

- Hop on one foot
- Catch and bounce a ball
- Walk along an 8-foot line

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FINE MOTOR SKILLS

The development of the small muscles of the body. It can be observed by having your child participate in activities that take precision in using hand-eye coordination.

TRY THESE ACTIVITIES:

- String beads
- Cut with scissors
- Trace and copy objects

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VISUAL DISCRIMINATION

The ability to visually differentiate the forms and symbols in one's environment. It can be observed by seeing if your child can visually determine the differences in objects.

TRY THESE ACTIVITIES:

- Practice matching colors & forms
- Match letters and numbers which are the same
- Sort objects by size, color and content

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VISUAL MEMORY

The ability to recall accurately prior visual experiences. It can be observed by having your child remember and recall what they have seen.

TRY THESE ACTIVITIES:

- Show a picture in a storybook, close it & ask about 3 things they saw.
- Have your child close their eyes and describe something familiar.
- Arrange items in order, mix them up, and have your child recreate the order.

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AUDITORY DISCRIMINATION

The ability to receive and differentiate auditory stimuli. It can be observed by determining if your child is hearing the differences that sounds make.

TRY THESE ACTIVITIES:

- Verbalize experiences together (when traveling, talk about what you're seeing)
- Share nursery rhymes and have your child repeat them
- Play musical records, encourage humming and singing

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AUDITORY MEMORY

The ability to retain and recall auditory information. This is observed by seeing if your child can recall or recite things that they hear.

TRY THESE ACTIVITIES:

- Ask your child to repeat outstanding events of the previous day
- Give simple directions: color the tree, touch your head, etc.
- Name as many animals, foods or articles of clothing as they can remember

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RECEPTIVE LANGUAGE

The ability to understand words in accord with chronological age. It can be observed by determining your child's ability to receive verbal information and process it.

TRY THESE ACTIVITIES:

- Describe something in the room and have them guess what you've described
- Show pictures of animals and give description words to match
- Give directions to place something behind, in front of, between, under, and next to objects

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EXPRESSIVE LANGUAGE

The ability to express oneself verbally. It can be observed by seeing how well your child can express thoughts verbally.

TRY THESE ACTIVITIES:

- Use a play or real telephone and practice conversations
- Show pictures with purposeful mistakes and have them explain what's wrong
- Use a play microphone for introductions, songs, and nursery rhymes

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REASONING SKILLS

Skills that help children make good choices, understand concepts, and recognize cause and effect.

TRY THESE ACTIVITIES:

- Play games that involve problem-solving and reasoning
- Ask "what if" questions during daily activities
- Discuss cause and effect in everyday situations

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SOCIAL-EMOTIONAL DEVELOPMENT

Supports self-esteem and the ability to build positive relationships in individual and group settings.

TRY THESE ACTIVITIES:

- Arrange playdates and observe cooperation skills
- Encourage sharing and taking turns during play
- Practice identifying and expressing emotions