



KAWARTHA PINE RIDGE
DISTRICT SCHOOL BOARD

PREPARING YOUR CHILD FOR KINDERGARTEN

A GUIDE FOR PARENTS AND GUARDIANS



You are your child's first teacher. Together, you have shared significant milestones and moments, like learning to walk and talk and belong. At Kawartha Pine Ridge District School Board, we encourage families to be actively involved in your children's experiences at school. This resource offers some tips to help parents prepare their children for school.

THE BIG IDEAS OF KINDERGARTEN:

The Kindergarten program:

- is built around expectations that are challenging but attainable;
- is flexible enough to respond to individual differences; and
- supports engagement and ongoing dialogue with families about their children's learning and development.

The Kindergarten program provides every child with the kind of support that they need in order to develop:

- Self-regulation;
- Health, well-being and a sense of security;
- Emotional and social competence;
- Curiosity, creativity and confidence in learning; and
- Respect for diversity;

HOW CAN I ENCOURAGE MY CHILD?

Learning is a social activity. Interaction with other children and adults helps your child gain confidence and many of the skills necessary in school and in life.

Encourage your child to:

- speak about feelings and actions;
- take turns, co-operate and share with others;
- play with toys and put them away when finished or when play time is over;
- interact with others (i.e. play groups, nursery school, babysitters);
- be a problem solver who works simple things out on their own;
- listen, observe, and ask questions.



CHEER YOUR CHILD ON!

When children know that you are proud of them for trying hard, trying something new or doing something on their own, it gives them the confidence to continue trying new things and to become more independent. Cheering your child on with your words and actions (i.e. "You put a lot of effort into that!") will foster confidence and help prepare them for the many new ideas and situations to be experienced at school. Your child will begin school ready to learn. Teach your child to think, "I can do it!"

HOW INDEPENDENT SHOULD MY CHILD BE?

Attending school requires some independence for children. Help them to be independent by encouraging them to:

- dress themselves;
- put on their own shoes;
- complete bathroom routines by themselves;
- practice doing up buttons and zippers;
- practice packing their backpack;
- practice opening lunch containers.

Of course, all children are unique, and some children may have special needs that affect their skill in certain tasks. Speak to the principal of the school your child will attend about how you can work together to meet your child's special abilities and needs.

HOW ELSE CAN I HELP MY CHILD?

- Read to your child daily and have them read to you and share their own stories;
- Teach skills at home that instill confidence and help your child succeed;
- Sing songs and say nursery rhymes together;
- Offer a variety of experiences that are hands-on and engage the senses;
- Provide opportunities for large muscle development (i.e. swinging, climbing);
- Encourage early math skills (i.e. sorting, looking for patterns, counting objects);
- Provide opportunities for your child to write (i.e. notes, grocery lists);
- Provide opportunities to use markers, crayons, paint, and scissors;
- Talk to your child. The more words you speak, the faster your child's vocabulary will grow; and
- Find a few minutes each day to give your child individual attention.

If you are worried about your child's readiness for Kindergarten, or if your child has special needs, please contact your child's principal as early as possible.

Educating for Success!