

# Preparing for Kindergarten



## Healthy Routines

- Set consistent daily routines.
- Be sure your child gets 10-12 hours of sleep each night.
- Limit total screen time to no more than 1 hour a day.
- Read at bedtime, for the emotional as well as literacy-development advantages.



## Play and Exercise

- Include daily exercise and active play in your daily routine. Exercise contributes to healthy appetites, restful sleep and emotional well-being.
- Play games (cards, board games) that require waiting, turn taking and the experience of winning/losing/cooperating. These promote good social skills.
- Help your child develop his/her imagination by encouraging non-structured activities such as Lego, Play-Doh, painting, drawing, role-playing, etc. These activities teach children how to self-manage, entertain themselves and develop imagination as well as fine-motor skills.

## Friendship and Social Skills

- Encourage social skills by joining clubs/teams and organizing play dates.
- Help model friendship skills when conflicts arise, "I guess your friend wants a turn too. "Is there a way we can fix this problem?"
- Promote empathy by talking about how others might feel.
- Promote helpfulness and gratitude by modeling and reflecting on it.



## Literacy and Numeracy

- Read to your child on a daily basis.
  - Choose a wide variety of books including nursery rhymes, information books, and simple pattern books.
  - Talk about the books you read: What was your favourite part? What do you think will happen? What does that word mean?
- Visit your local library and encourage choice of books. There are many free programs offered. (Garage sales are also great for finding books!)
- Sing the alphabet song together. Songs and rhymes help develop language.
- Talk about letters and words: what sound does that letter make, what letter does this word start with or end with. Notice rhyming words or words with same beginning sounds.
- Talk to you children often about a variety of subjects. Use full sentences and proper vocabulary. Mealtime is ideal for developing oral language.
- **Limit screen time.**
- Encourage your child to recognize and practise writing their name.
- Count with your child. Count the stairs as you climb, count the raisins in a box, etc. (Board/card games are great ways to encourage numeracy.)



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Thank you,  
Mme Dufort  
Student Support Teacher