

So, your child is starting Kindergarten...

Wondering how you can help make this milestone a joyful experience for you and your child?

Self-Help Skills

Teaching your child to be as autonomous as possible is a great way to prepare for Kindergarten. Children feel empowered, confident and proud when they learn to do everyday things on their own. As obvious as some of these skills seem, children need to be taught how to do them.

- going to the toilet, flushing the toilet and washing hands
- getting dressed on their own
- organizing personal belongings
- hanging up their clothes
- cleaning up after themselves
- using a recycling bin for paper

Social Skills

Many of your children are aware of what is socially acceptable behavior. They may have been in preschools, daycare centres or may have just learned these behaviors at home. You can help prepare your child for school by making sure that they are practicing these skills regularly.

- being polite by using words such as; please, thank you, hello, excuse me...
- not interrupting when someone is speaking
- receiving gently; not grabbing
- learning that it is OK not to always be first
- learning to share attention (you can practice this at home using adults as role models)
- taking turns (game playing is great for practicing this skill)

Fine Motor Skills

Some children need more practice manipulating tools such as scissors, pencils etc. They need your assistance, guidance and regular practice to use these tools correctly. Make sure that your child has ample time to practice these skills before they begin their school year.

- holding a pencil, marker, crayon correctly
- using blunt scissors
- putting marker tops on markers, lids on containers
- buttoning, zipping attaching
- using a glue stick; putting on the lid

Gross Motor Skills

- *pitching, catching, bouncing large rubber balls
- *going up and down stairs safely and with confidence

Cognitive Skills

It is important to build a strong knowledge base. In order to help us in this endeavor we ask you help in reviewing the following item listed below. These skills are learned best through games, song and interactive activities. Storing of information for accurate recall is more likely to occur if the information is presented in different modalities, has meaning, and is enjoyable.

- recognizing name
- knowing first and last name
- knowing parents full name
- beginning to know home telephone number
- recognizing numbers from 1-10
- recognizing shapes and colours
- recognizing upper and lower case letters of the alphabet

Thank you for your supporting your child during this exciting and stimulating period of their life.

We look forward to getting to know your child in the upcoming school year.

CWA Kindergarten Team