



# Gearing up for **KINDERGARTEN**

As you get ready to send your child to kindergarten, here are some ideas to help better prepare them:

1. Make sure your child can eat lunch in 30 minutes. Practice opening food containers and staying seated as they eat.
2. Make sure that your child can unfasten and fasten uniforms when using the bathroom.
3. Talk to your child about raising their hand and asking for help. This is not only important in the classroom, but also in the lunchroom!
4. Have your child practice naming letters and sounds.
5. Have your child practice writing their name.
6. You and your child can count objects in your house and sort them in groups (example: objects that are red or objects that are soft).
7. Practice reading words in books or on road signs.
8. Set aside 20 minutes during the day or at bedtime to read with or to your child.
9. Create a sense of independence by giving your child tasks that they can complete on their own.
10. Encourage positive behavior.