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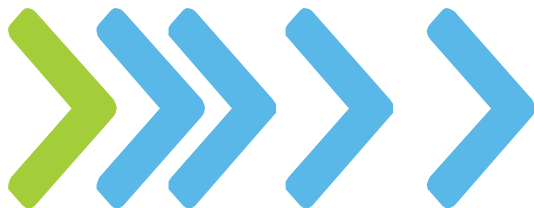
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Salmon Arm Early Childhood
Development -ECD- Committee

Tips to Help Prepare Your Child For Kinder garten

Help your child get
ready for the new and
exciting transition to the
classroom



Tip # 1- Form Healthy Habits

Sleep

- A good night's sleep is very important
- Establish regular bedtimes
- 10-12 hours of sleep for children of this age is recommended

Eating Right

- Healthy meals are very important
- Choose foods that are healthy, filling and provide energy
- For school lunches, choose foods that can be eaten in a short amount of time

Eating at the Table at Home

- Get your child into the habit of eating at the table
- This will help them manage the scheduled lunch hour

After School Activities

- Try to keep after school activities to a minimum
- Children need time to relax and wind down
- Children also need time to enjoy unstructured playtime

Tip #2- Encourage Independence

Dressing Self

- Choose clothing that your child can put on, zip or button, as well as shoes that they can put on and do up themselves
- Choose comfortable clothing

Care of Belongings

- At home, teach your child to put things away when finished with them such as lids back on markers, crayons back in box, close the lid on glue bottles, etc.

Toilet Talk

- Teach your child to wipe his/her own bottom after going to the washroom
- It is in your child's best interest to take care of his/her own hygiene while at school
- Get your child in the habit of washing their hands after going to the washroom
- As a general rule, Kindergarten teachers are not in the practice of assisting children in the washroom

Tip #3- Support Developmental Readiness

Emotional and Social Readiness

- Let your child spend time away from you with friends or relatives
- Have your child spend time with children of the same age to help encourage getting along with others, working through conflicts, cooperating and taking turns
- Enroll them in an early childhood program, such as preschool, playgroups, or Strong Start

Physical Readiness

- Give your child opportunities to develop both fine and large motor skills
- Practice fine motor skills through activities like cutting, gluing, painting, and drawing
- Practice large motor skills through activities like outdoor play, throwing and catching a ball, running, jumping, and skipping

Cognitive Readiness

- Read with your child every day
- Talk with your child about the world around them
- Ask open-ended questions

