

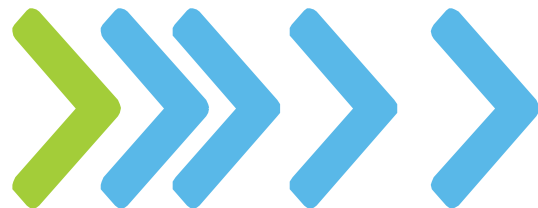
*"You have brains in your head.*

*You have feet in your shoes.*

*You can steer yourself in any direction you choose!"*

-Dr. Seuss

**READY  
SET  
GO**



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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

