

# Parent Tip Sheet

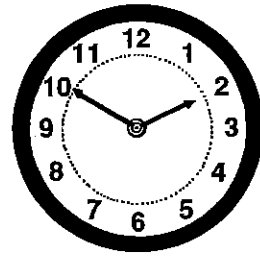
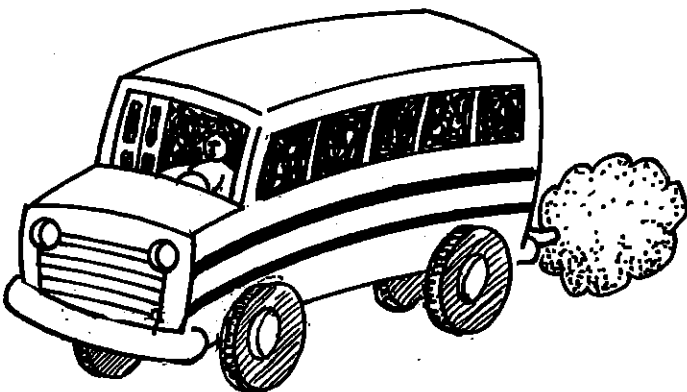
## Help your child prepare for the transition to kindergarten

Making sure all students start school ready to learn is an important goal. This tip sheet will provide some ideas to make sure your child gets off to a good start.

### Make the 'big day' a happy one

School will be an exciting experience, but it is difficult to be away from home and may be a little scary for your child. Here are some ways you can make the first day a happy one:

- Focus on the positive. Talk openly about your child's feelings.
- Remind your child of the visit you took to kindergarten earlier in the year.
- Make your child feel more secure. Walk or drive the bus route your child will take to school, especially in the days leading up to the first day of school.
- Security also comes from knowing what to do in an emergency. Tell your child what to do when hurt, scared or when help is needed finding the bathroom.
- Establish a routine. For a week before school, practice getting up at the new time and getting ready for school.



### Help your child understand the concept of time

- Young children often have trouble with the concept of time. Your child may not know what "a few hours" means. Here are some ideas to help your child learn about time spent in school:
- Draw a clock. Talk about what your child does at various times each day and colour in the time spent on each activity. Draw another clock. Fill in the time spent in school.
- In another colour, show any time that will be spent in child care after school.
- Have your child colour in the days of the week at school on a calendar.



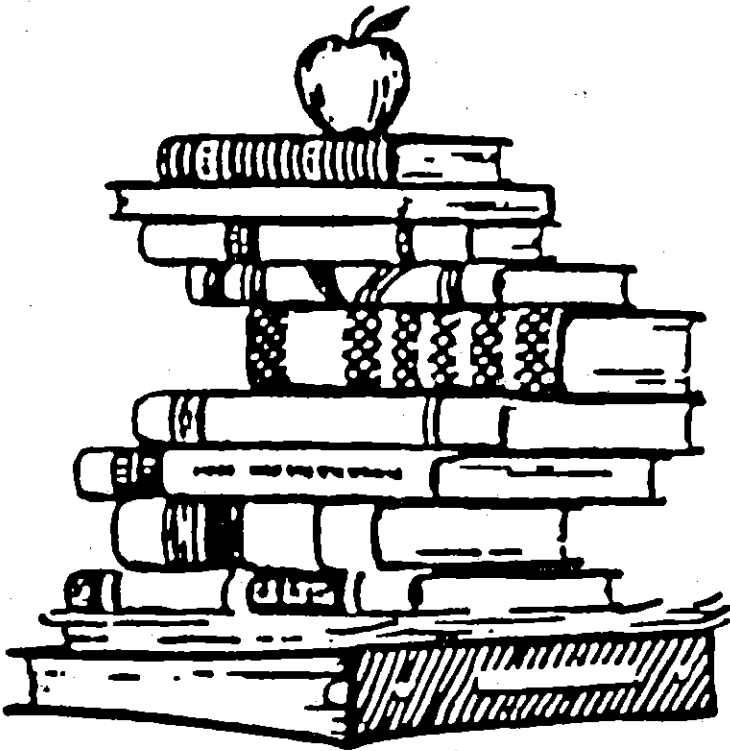
### Kindergarten is easier when children have some basic skills. Your child should:

- know their name, address and phone number
- be able to put on shoes and get coats and boots on and off
- be able to use the bathroom and wash their hands
- know how to co-operate with other children through sharing and taking turns

## You can help your child develop language skills

Another way you can help your child do better in school is by working on language skills. Experts agree that language is the key to learning. Here are some ways you can help your child develop language skills.

- Talking about things you see and familiar items in your home. Try to spend about 30 minutes a day talking with and listening to your child.
- Buy or make hand puppets. Help your child put on a puppet show of a favourite story.
- Read aloud to your child every day. Your reading time doesn't have to be long 10 or 15 minutes each day is fine, but it's important that reading is a regular part of your day.



## Play time is learning time

To a child, there is nothing as exciting, or as much fun, as learning something new. Here are some fun things you can do with your child to prepare for kindergarten:

- Look for shapes. You might say, "I see a blue square. Can you find it?" Your child can ask you to find the next item.
- Cook together. Basic math skills can be taught through measuring ingredients.
- Fill your sink with water. Let your child find the objects that sink and some that float.
- Give your child opportunities to finger paint, colour, draw and cut and paste.

