

“I wish I’d known that in Kindergarten...”

Kindergarten Parents share Helpful Hints and pass their newly gained wisdom and experiences on to you!

THE FIRST DAY IS HARDER ON YOU THAN ON YOUR CHILD. Be strong. Say goodbye; they’ll adjust!

- Make mornings easier by having a set routine and having a “launching pad” where coats, shoes, backpack, lunch/lunch money are assembled the night before.
- A healthy breakfast and snack provide energy for learning.
- Read a lot together.
- Talk a lot together.
- Get them introduced to the idea of feeling responsible for themselves and start practicing it.
- Have them wear coats and shoes, etc. they can put on and take off for themselves.
- Send an extra set of clothes for painting, accidents, spills, snow, etc.
- Use Ziploc bags for lunch money.
- Buy a big backpack for work folder, art projects, etc.
- Mark sweaters and snow boots with your child’s name. Sneakers and boots all look the same and it can get crazy in the coatroom.
- Leave a pair of sneakers in your child’s cubby during the winter to wear during the day. That way they won’t have to be carried back and forth during snow/boot season.

Academic:

- Do not worry if your child is not yet reading – that is not the [only] purpose of Kindergarten.
- Don’t expect instant results (reading, writing, etc.). It takes time and when they finally get there it’s so amazing. Remember, it is Kindergarten! Focus on the social aspects: It’s all about learning to get along in the group, sharing, compromising, following directions, following rules, etc. Ease your expectations of child’s growth initially. Your child is a work in progress. It all comes together by the end of the year!

Social/Emotional:

- Don’t sign your kids up for too many after school activities in the first few months because they are very tired. They just need play time or down time.
- Take good care of yourself and try to simplify your life, schedules, etc. for the first few weeks of the school year. My child adjusted more quickly than I did!
- If your child has separation issues try to deal with those issues early in the year.
- When you ask, “How was your day?”, don’t always expect a response!
- Relax! Your kids are in good hands!!
- Arrange lots of play dates with classmates.

- Be prepared for tears and a lot of anxiety in the beginning of the year.
- Relax and enjoy this amazing year, secure in the knowledge that your child's teacher is giving your child the most wonderful and personalized Kindergarten experience you could ever hope for!

School Involvement:

- Get involved! Volunteer, help out in class, the lunchroom, weekend science fair, pancake breakfast... There are opportunities for even the busiest schedules!
- Volunteering is all about helping out the whole class. Talk with your child about "sharing you" and saying goodbye.
- Ask the teacher what is REALLY NEEDED. It may be as simple as sharpening the pencils, prepping the art activity or cleaning the tables.
- Get involved! It's a great way to get your child to communicate with you at home, especially if you know the names of all (or most) of their peers. They seem more likely to talk about their experiences, concerns, and it's a great way to support your child's learning.
- Take every opportunity you can to participate in activities or help out in the classroom. It's a great way to show your child that you feel school is important.
- Communicate often with your child's teacher and don't be afraid to ask questions.

Have Questions???

E-mail Mary Villano, mvillano@arlington.k12.ma.us or call 781.316.3605
GO TO THE KINDERGARTEN WEBSITE FOR MORE TIPS AND OTHER
HELPFUL INFORMATION including registration.
www.arlington.k12.ma.us/kindergarten