

# TIPS FOR KINDERGARTEN PARENTS

*From the Kindergarten Teachers*

## **Getting Ready for School**

- Establish routines. Introduce an earlier bedtime several weeks before school starts.
- Practice the morning routine of dressing and eating breakfast.
- Review several times with your child how he or she will get to and from school.
- Provide your child with a healthy breakfast before school and a nutritious lunch.
- In the Fall, limit extracurricular activities while your child adjusts to the school routines.
- Teach your child:
  1. To recite full name, address, and phone number.
  2. To be responsible for and to recognize their own belongings. You can help by labeling ALL their belongings (clothes, backpack, coat, gloves...).
  3. To attend to own personal needs: toileting, using a tissue, and washing face and hands.
- Choose clothing for your kindergartener that is “easy on, easy off”. Choose pants with elastic waistbands, not zippers and snaps, or overalls, for example, and no belts. Boots must be large enough so the child can put them on independently.
- To prevent your child from missing out on Physical Education classes, let your child wear sneakers every day. They cannot participate in clogs, sandals, or other types of loose shoes or boots.
- Read to your child daily. Reading increases vocabulary. Read everything and everything from books to the cereal box!
- Realize that kindergarten is different from preschool. Classes are larger, so expecting constant individualized attention for your child is unrealistic. Nevertheless, know that your child's teacher wants to get to know you and your child, to find out how best to understand each student in his or her care.
- Together parents and teachers make a team. The year is about cooperation and trust. If something may be affecting your child, let the teacher know. If you have concerns, share them.
- Make sure that your child has time to play after school and on weekends. Now that your child spends more time in a structured school environment, you should allow more free time at home for play. Kindergarten homework includes *playtime*!
- Help your child develop strategies to resolve peer conflicts and to know when to ask an adult for help.
- Promote the attitude of respect for rights and properties of others.

## **Supporting the Learning Process**

- Be calm and positive when you speak about school in the child's presence.
- Encourage your child to share school experiences with you. Take an active interest in your children's schooling. Ask specific questions about what happens at school each day and how your children feel about it.
- Get involved with the parent-teacher organization. Ask your child's teacher what their volunteer opportunities are in the classroom.
- Treat going to school as part of the normal course of events that will be a positive experience for your child. A calm, matter-of-fact, positive attitude will best help your child get the most out of Kindergarten.