



Mrs. Samuel's Top 10 Tips To Get Ready For Kindergarten

1. Practice a Routine

- Visit the school before the first day so your child can become familiar with the school, buildings, surrounding area and route you will be taking to school.
- Start putting your child to bed at the time they would normally go to bed for school about a week or so in advance of school starting. Wake up your child when they would need to for school and start a morning routine that would be consistent for a school morning.

2. Work on social skills

a) Sharing

- Give your child lots and lots of opportunities to share; with you, sibling, cousins, other children. This includes sharing turns (turn taking) and sometimes waiting.

b) Listening

- Teach your child the importance of letting others speak. "Look at who is talking," "don't interrupt," "think about what is being said."

3. Make every situation a learning situation

- Use cereal boxes for reading, road signs for shapes and city blocks for counting.

4. Perfect the toileting

- Encourage children to care for their washroom needs independently; cleaning, wiping, washing hands, fixing pants/clothing. We do not enter bathroom stalls with children.

5. Read, read, read

6. Develop young muscles

- Being physically fit is not only important for the body but brain function too. Don't forget those small muscles too! Colour, use Play-Doh. Even some computer games are great for eye-hand coordination and are fun too!

- Run, climb, kick balls, get active

7. Go shopping

- a) Velcro shoes. Your child will need an inside and outside pair of shoes. Please practise putting



them on at home with your child. No laces please. We also run, jump and skip inside the gym and outside on our playground. Running shoes are preferred.

b) Back pack. Please make sure your child's backpack is big enough to fit an elephant and the kitchen sink. Okay, not quite that big but it should be able to fit shoes, lunch bags, water bottles and various other bulky items (the little cute backpacks are not practical).

c) Water bottle. Please make sure your child's water bottle is spill proof. No single use water bottles please.

8. Minimize issues with clothing

- Zippers and buttons can be tricky but practice putting on and taking off clothes to make it easier at school.
- Make sure your child is not only comfortable and their clothes can get messy. Children go outside and should be able to dress themselves with relative ease.
- Dressed appropriately for the weather.

9. Plan out lunches and snacks

- Make sure your child can open and close containers. Practise at home. (Hint: If it's hard for you to open, chances are your child will struggle too!)
- Label your child's snacks and lunches to help them know what to eat. Please try to make your child's lunch as garbage-less as possible.
- Healthy snacks, healthy brain! Choose foods that are healthy and non-processed to give your child the energy they need to be active and happy throughout the day. Water is a good hydrator.

10. Be ready for a fun learning adventure – children and parents! 😊

- Smile!
- Be excited!
- Be positive!