Getting Ready for Kindergarten

Getting ready for kindergarten isn’t just about learning letters, numbers and shapes. “If a child can not separate from mom without being upset, or tell an adult when they need to go to the bathroom, they can’t learn”.

Read with your child. The language in books is different from how we speak, and if kids are not familiar with books, they can’t predict what’s going to come next. It takes some students a long time to catch up.

Reading with your child should be interactive; asking lots of questions about what’s going to happen, what the characters are doing and seeing, thinking and feeling. Talk about how books are different or similar, and how events in the books relate to their own lives. Help you child learn to recognize words in the neighborhood such as signs and trips to the store can help children learn new words and see new things.

Teach letters and numbers, colors and shapes. Make letters and numbers out of Play Doh and while finger painting; ask for the red can when putting groceries away, etc.

Foster independence. To learn to be an independent learner in the American school system children need your help to learn to separate from you, express their needs and work for 20 minutes or more on a project with little supervision.

Make school familiar. Children need to learn that different places have different rules; learning to sit and listen to a story, to take turns and to raise their hands are rules that children need to begin to learn.

Talk to your child about what is going to happen when they go to kindergarten; take a trip to the school, show them the classrooms, let them play on the playground and meet the teachers. Parents tend to feel more secure when they are familiar with their child’s school and when parents feel more secure it is better for their children.