

# A Parent's Guide

## *to preparing your child for preschool*

Starting preschool is such an exciting and momentous occasion! When children turn 3-years-old, they are no longer toddlers. They are "big kids" who may be ready to start preschool. As parents, we can help our children prepare for this next big step by doing these 5 things.

### READ



If we were only allowed to give one piece of advice to parents it would be, "**Read to your child.**" Read every day. Have books in every room, in your purse, and in the car. Read favorite books so often that you and your child have them memorized. Visit the library often.

### TALK



Developing your child's **oral language skills** is a crucial part of preparing her for preschool. Turn off the movie in the car and engage your child in a discussion about the world around her. Ask questions. Talk about nature, and colors, and letters, and feelings. Put down your phone and listen when your child talks to you. Encourage your child to make eye contact and greet others with a "Hello" and a "Good Bye."

### PLAY



Spend time every day on the floor **playing** with your child. Encourage pretend play and role playing. Get messy! Laugh and have fun together. Offer your child time to play by herself, giving her the opportunity to decide what to do.

### ENCOURAGE INDEPENDENCE



Children who are able to take care of some of their **personal needs** do better at the beginning of preschool than children who rely on adults for everything. Make sure your child has shoes that she can put on herself. Allow extra time before you need to leave the house each day so that your child can put on her own shoes. Support your child in taking care of her own bathroom needs. If she asks help with her pants, or with wiping, try talking her through it rather than doing it all for her. Teach her to wash her own hands and flush the toilet. It's not glamorous, but these are important skills in preschool!

### PRACTICE



Give your child time away from you. Practice **separating** and giving your child a little bit of space. Invite other children over for play dates and allow your child to go on short play dates as well.

# You're on your way to K!

The transition to kindergarten is respected as a major milestone not only for the child, but for his or her family as well. The attitude towards school and learning that the child carries with them for life is often determined by this very first experience with school. A smooth transition to kindergarten can help make sure your child is successful in school.

The information provided below is designed to help you prepare your children for their school experience.

## You bet, I'm ready for K!

Personal Needs Without help, can they...

- \_\_\_ Put on and take off coat
- \_\_\_ Tie their own shoes
- \_\_\_ Wash their hands
- \_\_\_ Snap, button, zip, and buckle

Social Skills Can they ...

- \_\_\_ Listen to an adult & follow simple instructions
- \_\_\_ Cooperate with other children
- \_\_\_ Sit for short periods of time
- \_\_\_ Follow simple two-step directions

Intellectual Skills Do your children...

- \_\_\_ Sit and listen to a story
- \_\_\_ Hold a book upright and turn the pages
- \_\_\_ Know their first and last name
- \_\_\_ Tell and retell familiar stories
- \_\_\_ Know colors, shapes and sizes
- \_\_\_ Counts 0-10

Intellectual Skills {continued}

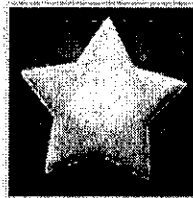
- \_\_\_ Saying the ABC's
- \_\_\_ Holds scissors & pencil appropriately
- \_\_\_ Recognizes and writes first name (remember-use capital letter for the first letter in a name.) M-a-t-t, not M-A-T-T
- \_\_\_ Recognizes the letters within their name

To help with a smooth transition into kindergarten you can follow these additional helpful ideas; provide opportunities to play with other children, teach your children socially acceptable ways to disagree, and encourage social values such as helpfulness, cooperation, sharing and concern for others.

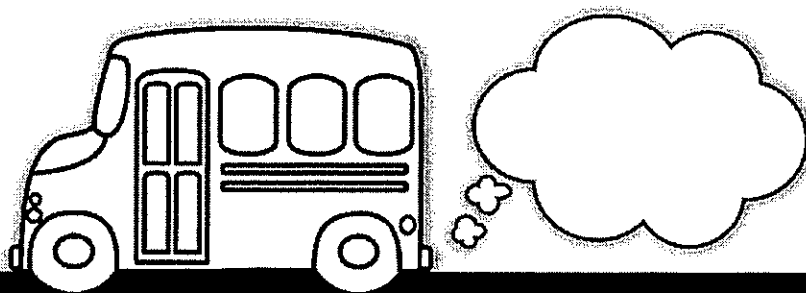
## •Additional Resources.



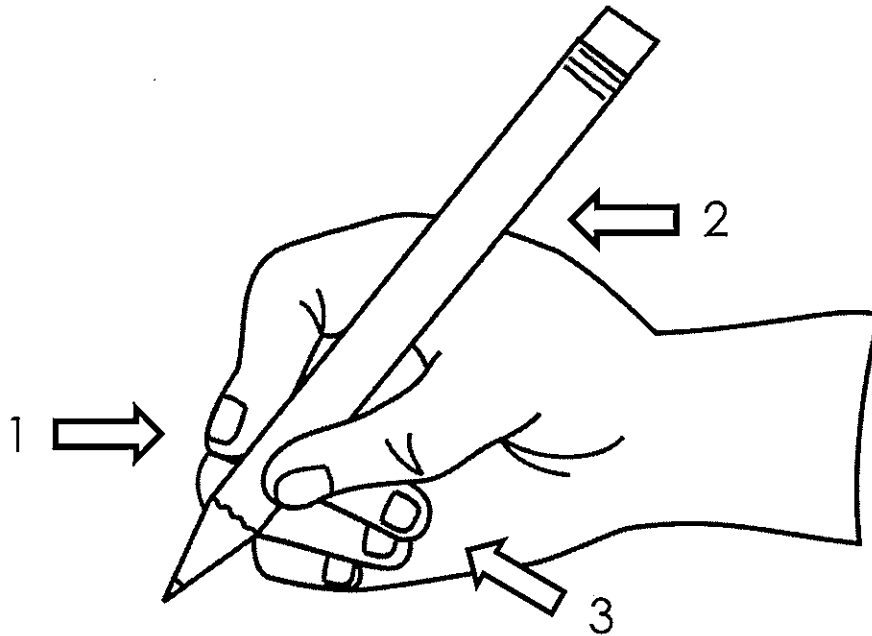
The Leap Frog Letter Factory DVD is a fun and engaging way to teach children the letters and the sounds of the alphabet.



Starfall.com has several free educational videos and games for teaching children the letters of the alphabet, and more!



# Pencil Grip

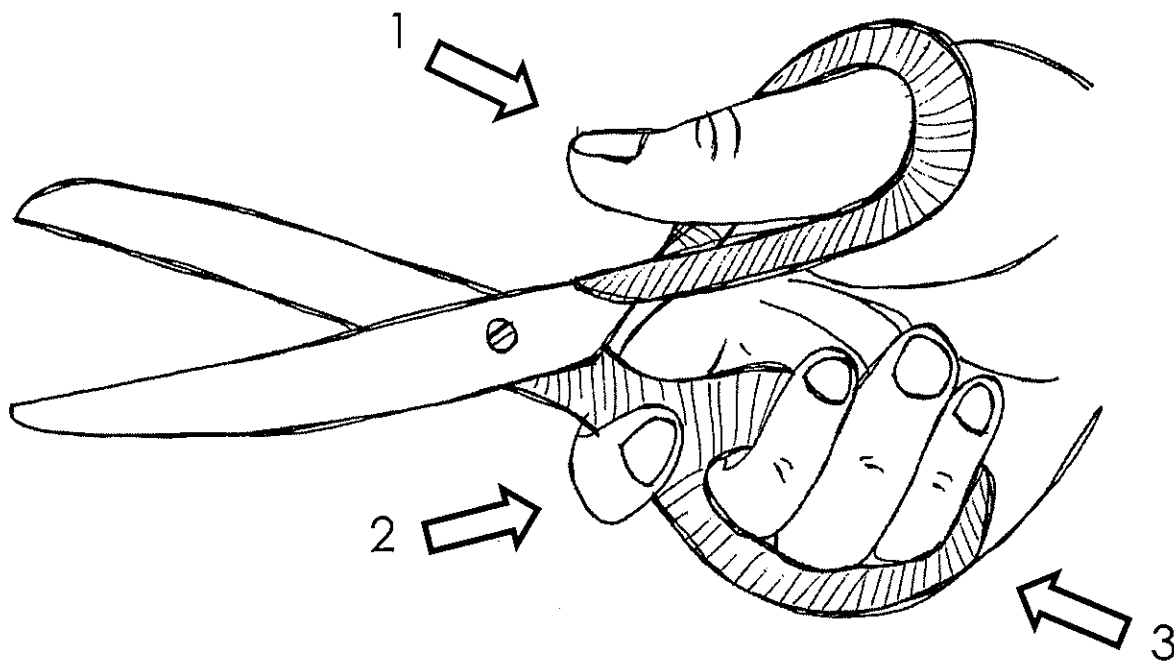


- ① "Pinchy fingers" (thumb and pointer finger) hold at the bottom of the pencil
- ② Top of the pencil rests between these two fingers on your hand
- ③ Middle of middle finger helps to hold the pencil up

## fun fine Motor Activities:

- Play dough
- Beading
- Lacing
- Stickers
- Chopsticks
- Painting
- Hole punching
- Cutting
- Clothespins
- Small blocks

# SCISSOR GRIP



- 1) Thumb through the small top hole
- 2) Index finger holding the bottom of scissors
- 3) Last three fingers through the big bottom hole

Always point scissors **AWAY** from body and use your “helper hand” to hold and move the paper.

## SCISSOR FINE MOTOR ACTIVITIES:

- Play dough
- Beading
- Lacing
- Chopsticks
- Hole punching
- Tongs/tweezers