

A.4 Getting Ready for Kindergarten



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Starting school is a big step in your child's life. It is an exciting time—a time for many firsts. Your child is entering a school system that values the uniqueness and diversity of all its learners and works to provide each and every student with an outstanding education. We look forward to working with you and your child in the next school year and in the years to come. Before the first day of school, take some time to visit the school with your child so that the route to school, the building, and the school surroundings become familiar.

Here are some other suggestions to help your child get ready for school.

At School

Children will:

- ★ make a variety of choices (e.g., choosing activities in the class, materials to use).
- ★ share materials and space with other children.
- ★ need to adapt to new people, situations, and routines.
- ★ dress themselves to go home and to play outside.
- ★ communicate needs to other children and adults.
- ★ see adults and other children write for different purposes. Children will use materials for writing (e.g., crayons, markers).
- ★ listen to stories, poems, rhymes, and books with information. They will have books to hold, look at, and read.
- ★ explore the natural things in their world.

At home

To prepare your child, you can:

- help your child make choices at home (e.g., clothes to wear, activities to do).
- provide opportunities for your child to be with other children, to learn to share, wait, and take turns.
- provide new situations for your child (e.g., going to the library for story time). Talk about what to expect beforehand. Respond positively to your child's efforts to adapt.
- encourage your child to practise putting on jackets, snowpants, boots, etc. independently.
- encourage your child to use language to make needs known and to solve problems (e.g., getting a drink, going to the bathroom, asking for help).
- involve your child in writing (e.g., drawing, making cards, and signing.) Talk about your child's name and the letters in their name. Encourage and celebrate your child's attempts to write.
- tell stories and say poems and rhymes in your own language. Read to your child and talk about the pictures, the ideas, and the words and letters. Point out words, numbers, and signs in the community. Visit the library with your child.
- talk with your child about the things they see or hear on walks and trips. Notice changes that occur (e.g., seasons, growth, construction).



A parent is a child's first and most important teacher.

- ★ learn about numbers, shapes, patterns, sorting, estimating, measuring, and talk about their observations.

▶ involve your child in sorting activities (e.g. toys, clothes, putting away food). When cooking, talk about how much is needed and let them fill and pour. Talk about shapes and patterns in their environment. Play games with your child (e.g., matching and counting, cards, simple board games).
- ★ have opportunities to create pictures, structures, music, songs, and rhymes and engage in dramatic play.

▶ encourage your child's use of imagination through drawing, building, moving to music, and acting out stories.
- ★ use different types of materials and equipment to develop large and small muscles.

▶ provide opportunities for your child to exercise and develop large muscles (e.g., running, climbing, playing with a ball), and small muscles (e.g., crayons, pencils, playdough).

