

PREPARING FOR KINDERGARTEN

Caregivers and their families are the first and most important teachers for their children.

Families do a lot of preparation for kindergarten through things they do naturally everyday. Explore ideas you can do with your children at home that supports their development.

A child learns through play at home...¹



Going for walks in the neighbourhood promotes socialization as children meet and play with other families. Children can also explore the nature around them.



Playdough encourages children to practice their fine motor skills like cutting, rolling and squishing. It promotes learning through our sense of touch, sight and smell.



Creating with recyclable materials such as cardboard and egg cartons fosters creativity and imagination.

Getting Ready to Learn^{2,3}

All children are welcome to kindergarten.
Here are some tips for a smooth transition into school:

- Get 9-10 hours of sleep at night. Try for a 8pm bedtime.
- Eat a healthy breakfast with nutritious snacks throughout the day.
- Read daily with parents, caregivers and other family members.
- Have opportunities to use crayons, pencils, paper, glue and scissors.



- Recognize their own name.
- Have conversations about the day or their likes and interests with others.
- Ask questions and explore those ideas.
- Sit for 10-15 minutes listening to a story or joining a group discussion.
- Participate in daily physical activity (e.g., go for walks, ride a bike, play at the playground).
- Spends no more than one hour per day on electronic games, computers, iPads and TV.



Getting Ready for Independence^{2,3}

- Use the washroom, including washing and drying hands.
- Dress and undress themselves without help, including buttons and zippers.
- Hang up coat, put on and take off shoes.
- Open food containers and eat independently.
- Clean up after themselves and are responsible for their own materials.
- Zip and unzip backpack and carry their own things.



Getting Ready to Socialize^{2,3}

Social emotional well being leads to success in kindergarten.

- Play cooperatively through turn-taking and sharing.
- Name feelings and emotions like sad, happy and angry.
- Understands terms like safe/unsafe and friendly/unfriendly.
- Experience playing with others of the same age through playdates or school teams.



- Wait for turns, listens to others and speaks clearly.
- Understand and follow simple multi-step directions.
- Respectful towards others including peers, siblings and adults in the family, school and community.
- Show compassion and empathy by being nurturing towards others.
- Understand their unique and special role in the family.
- Feel appreciated and loved.



Resources

1. A Child Learns Through Play—<https://www2.gov.bc.ca/gov/content/education-training/early-learning/support/play>
2. Ready, Set, Learn Teaching Tools—<https://www2.gov.bc.ca/gov/content/education-training/early-learning/teach/teaching-and-assessment-tools/ready-set-learn>
3. Ready for Kindergarten Brochure—<https://www.vsb.bc.ca/School/School-Registration/Documents/ready-for-K-web-brochure.pdf>