



## Tips for a Successful Beginning



### Tips for Success

1. Before the school year begins, teach your child the safe way to school or to the bus stop. You may also wish to familiarize your child with the school campus.
2. Teach your child his or her name, address and telephone number. When your child learns to write his/her name, make certain he/she uses the format of capital letter first, followed by lower case letters (such as John).
3. Get your child up early enough each day to get to school on time without rushing or causing confusion.
4. Provide your child with a well-balanced breakfast.
5. Label all clothing, books, backpacks, and other articles brought to school.
6. Provide comfortable, serviceable clothing for your child that allows movement for active play. Sturdy shoes with closed toes and heels help protect the feet and allow your child to participate in running, jumping, and playing on the playground. Check with the school office to see if the school requires uniforms before purchasing school clothing.
7. Cleanliness is most important in establishing your child's future habits. Please help your child develop a responsible attitude toward maintaining a clean body, clean teeth, and clean clothes.
8. Find out the schools policy for drop off and pick up. This makes the daily adjustment to kindergarten easier and quicker for your child. We assure you, your child is in safe, sympathetic, professional hands.
9. Keep the school informed. If you change phone numbers, babysitters, or if there are other problems or concerns that may affect your child, notify the school. If

you change your phone number, please call the school immediately (we need to be able to reach you in case of an emergency).

10. Become an active member of the school. Join your school's parent teacher- group. Attend Back-to-School Night, Open House, and other programs. Get to know your child's teacher. Volunteer your help in the classroom. Contact your child's teacher or school principal if you have any questions or concerns. Relax and enjoy the beginning of your child's school career.
11. In case of sickness, keep your child home. Call his or her health-provider for ailments such as sore throat, nausea, diarrhea, fever, skin rash and earache if they seem severe or last longer than a few days. Report the absence to the school. Call the school on the first day of the absence and send a note to the teacher when your child returns to school.
12. Be active in your child's education. Show your interest in what happens each day at school. Make it a daily routine to ask your child about their favorite school activities and friends. Review all of their school work. Have daily conversation about school.



### **Help your child at home**

1. **Read to your child on a regular basis.** There is high correlation between reading success and exposure to a variety of literature. Teachers agree that it isn't necessary for children to read before they begin school. However, it helps them to be ready for kindergarten if they have a connection between speaking, reading, and writing before they come to school.
2. **Teach your child independence.** Try to help your child learn to do certain things for themselves. Give them various personal and home responsibilities. It makes them feel important and grown-up.
3. **Help your child plan and carry out simple projects and activities.** Let them help set the table and cook dinner. Talk to your child about what you're doing and why you're doing it. Play games in the car or when you are waiting in line to help them learn to count and recognize letters. **Remember that the parent is the child's first teacher!**

4. **Help your child to maintain self-control and to share attention with others.**  
Talk to them about sharing toys and taking turns with other children in the class. Your child should know that if he/she has a question or concern, the adults in the classroom are there to help.
5. **Always praise your child for trying, especially when they don't get things perfectly right.** That's when they need it the most. Scolding changes trying to learn something from being fun to being something that makes children unhappy, and is something to avoid.
6. **Converse with your child.** Make time each day to discuss your child's day and to demonstrate your positive interest.
7. **Teach your child to dress independently.** This includes putting on articles worn to school as well as fastening, tying, and zipping them.
8. **Have a set and consistent time for meals, rest, play, homework and bedtime.** A regular schedule develops good habits. Kindergarten children usually need 10-12 hours of sleep every night.
9. **There are certain physical skills that you can work on at home with your child.** For instance, walking, running and climbing are some of the large-muscle skills requiring hand-eye coordination, and using crayons or scissors, are examples of fine motor skills. Keeping healthy also includes at least 60 minutes of physical activity each day, and a maximum of 2 hours of screen time per day.



#### **Motor Coordination Readiness Activities**

1. Play "Mother May I". Use running, hopping, crawling, and jumping.
2. Play "Simon Says". Use directional terms as well as running, hopping, etc.
3. Play catch and practice kicking with a large, soft, ball.



#### **Math Readiness Activities**

1. Place some objects such as buttons or blocks on the floor or table. Have your child arrange them according to shape, size, color or some other given attribute.
2. Have your child match and count numbers from a deck of cards or make your own number cards.

3. Ask your child to hand you a certain number of objects.



### Additional Parent Tips

1. Help your child to maintain self-control and to share attention with others.
2. Help your child to plan and carry out simple projects and activities.
3. Give your child praise for achievement. Praise helps to develop positive attitudes.
4. Give your child various personal and home responsibilities.
5. Provide a variety of experiences to expand your child's awareness of the world.
6. Read to your child on a regular basis. There is a high correlation between reading success and exposure to a variety of literature.
7. Encourage your child to develop independence.
8. Help your child to feel loved and wanted.

