



8 Ways to be Ready for K

This resource for parents and caregivers includes the top suggestions made by a committee of preschool teachers, kindergarten teachers, administrators, parents, and community programs from the St. Vrain Valley School District area – and why they are important.

READ, READ, READ

The biggest academic learning children do in kindergarten is reading. By reading with your child, you will help him or her learn how books work: we read words from left to right, words are separated by spaces, and every story has a beginning, middle, and end. This also develops their receptive language.

DEVELOP INDEPENDENCE

Building independence will help your child feel more confident entering the kindergarten classroom and help the school day go more smoothly. Your child should be able to:

- Put on coats, hats, gloves by themselves
- Manipulate zippers, buttons and snaps
- Take on small bits of responsibility
- Go to the bathroom alone
- Make choices with a limited number of options ("Would you like an apple or an orange for snack?")

"FIRST ... THEN" RULE

Help your child follow directions and begin learning how to delay gratification. "FIRST we'll clean the dishes, THEN we'll read this book."

If you have concerns regarding your child's development, please visit <http://svvsd.org/about/departments/child-find>.

"CREATION STATION"

Set up a special area for your child to create, build and explore. As they begin kindergarten this can be their "go-to" place to complete homework or practice skills learned at school. Provide a variety of materials – paper, glue, scissors, crayons, tape, etc.



CREATE ROUTINES

- Children crave consistency. When they know what to expect, they feel more secure.
- A consistent bedtime is a good place to start. Kindergarten-age children need between 9 and 12 hours of sleep per day that might include a regular nap/quiet time at home.

COOPERATIVE LEARNING

Learning how to work with others will help your child interact successfully in larger groups.

- Practice taking turns
- Practice sharing
- Help your child use words instead of actions to communicate feelings

TALK, TALK, TALK

Talk with your child about the world around them, including their inner world (dreams, feelings, imagination). Developing verbal vocabulary will help your child in many ways:

- Being able to express needs and feelings with others
- Create a larger word bank to draw from when reading and writing
- Improves personal interactions

PRACTICE, PRACTICE, PRACTICE

These skills are the building blocks for learning in kindergarten:

- Writing his or her name using upper and lower case letters
- Counting small objects such as beans, pennies and beads
- Drawing pictures to tell a story
- Name letters in the environment (the M in McDonald's, S-T-O-P signs, etc.)
- Cutting with scissors and gluing things using glue sticks and bottle glue.