

## Helpful Hints to Make Kindergarten a Smooth Transition

Parents: Please practice and/or discuss the following bulleted items with your child in order to decrease the possible anxiety associated with the first year of school.

- Tying shoes
- Opening school milk cartons and condiment packets independently (i.e., ketchup, mustard, etc.)
- Place, stack and carry food items on a 5'7 tray to an assigned lunch table
- Discuss the importance of eating during lunch compared to socializing and playing due to the assigned lunch times
- Practice opening and closing lunch boxes and any other lunch containers
- Discuss the importance of not sharing food with others
- Practice remembering and reciting your child's teacher's name.
- Practice and discuss appropriate bathroom etiquette (i.e., washing hands with soap, closing the stall door and respecting the privacy of others).
- Practice zipping/unzipping and buttoning/unbuttoning clothing and jackets independently.
- Discuss with your child that you are going to have to leave them at school, but you will always come back to get him/her.
- Proper hallway etiquette (i.e., walking in the hallway)

Thank you for taking the time to help your child have a great start to his/her Kindergarten year 😊

# Help your child succeed in Kindergarten by:

## Knowing the basics

- Recognize their first and last name
- Help him/her learn their home address and telephone number
- Practice holding and using scissors, crayons, markers, and pencils
- Spend time with your child talking, playing, and going places (library, parks, grocery store)

## Reading

- Introduce the alphabet, sing the ABC's, etc.
- Introduce the sounds letters make
- Practice learning high frequency words (sight words). These are words that children need to know and most of the time cannot be sounded out.
- Read with your child at least 10-20 minutes each day. Ask them questions about the stories (who was in the story, what happened, what was your favorite part, etc.) You can also take your child to the library or book store for story hour. Call ahead for days and times.

## Math

- Helping him/her count to 20
- Recognizing numbers 0-10
- Sorting objects (use different types of beans, rocks, coins, colored cereals, etc.)
- Recognizing colors (red, yellow, green, blue, black, brown, white, orange, purple)
- Recognizing shapes (circle, square, triangle, rectangle)

Children develop best and are happiest when there is cooperation between home and school.

# Games for Fun & Learning:

## What's Missing?

Gather a variety of small objects in your home. These can be single keys, small toys, utensils, buttons, or anything small that your child can name. Have your child name each item. Ask them to turn their back to the items and remove one of the items (hiding it from view.) Ask your child to turn back around and see if they can recall what object is missing from the group. If they can't tell you, that's ok! Show them the missing item and try again. When you have played the game a few times, switch roles and give them the chance to hide an item from you. They love this!

## Egg Carton Counting

Save an empty egg carton and label each egg cup 1-12 with a marker, starting at the top left cup moving from left to right (1-6) and label the bottom row the same way (7-12.) This can be used to count small objects like rocks, pennies and buttons. You can also make a modified version of this counting tool to only count up to 10, by removing two egg cups with a knife before you label it. Kids love this activity! It really helps their confidence with oral counting and counting actual objects.

## Listen and Move

Kids love obstacle courses! Obstacle course activities might be a little too hard for a Kindergartener. They can start learning the concept of purposeful movement and position words by playing "Listen and Move." Start by naming some items in their play room. You might have them name a teddy bear, table, chair, toy box, or other toys or items in the room. Give them one step directions like:

- Go under the table.
- Walk around the chair
- Put the teddy bear on top of your head.
- Step over the ball.
- Hide behind the dollhouse.

## I Spy

Start with at least 2 players (an adult and at least one kiddo.) Adult starts by saying:

"I spy with my little eye something that is \_\_\_\_\_." (red, shiny, hot, tall, sticky, long, loud....)  
The child looks around the area and tries to name the object by asking "Is it \_\_\_\_\_?" If there is more than one child, they take turns asking until the object is identified.

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Please cut apart the number flash cards, mix them up, and use them to help your child identify the name of each number, out of order.

Mix up the number cards and have your child put them in the

G	N	U	
F	M	T	Z
E	L	S	Y
D	K	R	X
C	J	Q	W
B	I	P	V
A	H	O	

uppercase letter grid



# Phonics

Letter Cards

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g	n	u	
f	m	t	z
e	l	s	y
d	k	r	x
c	j	q	w
b	i	p	v
a	h	o	

lowercase letter grid

