

HOW PARENTS CAN HELP PREPARE THEIR CHILD FOR KINDERGARTEN

Starting Kindergarten is an exciting milestone, but it can also create anxiety for both parents and children.

Outlined here are some simple skills that can be worked on at home to ease anxieties.

By helping to prepare your child to be more independent, you will help make your child's school days go smoother, make it easier for them to concentrate on learning, and ensure they have a lot of fun!

As parents, you can help your child have the best start by:

- Practicing putting on and taking off shoes, packing and unpacking bags
- Choosing a backpack that your child can easily carry, open and close
- Choosing shoes that your child can put on and take off independently
- Considering containers and packaging that your child can open and close
- Keeping food choices simple when packing snacks and lunches
- Allowing your child to become independent with bathroom routines in different settings

Use this checklist to help identify things to practice at home and to celebrate your child's accomplishments.

CLOTHING (COATS, BACKPACKS, SHOES)

I can:

___ Carry my own backpack

___ Put in and take out objects from my bag

___ Zip and unzip or buckle and unbuckle my bag fasteners

___ Put on and take off my shoes on the correct feet

EATING (FOOD, CHOICES, CONTAINERS)

I can:

- ___ Open and close my snack bag
- ___ Open and close all of my food containers
- ___ Remember not to eat and talk at the same time
- ___ Eat my healthy choice first
- ___ Wipe up small spills

HYGIENE (WASHING, TOILETING, NOSE BLOWING)

I can:

- ___ Go to a new bathroom without feeling scared
- ___ Unzip my pants, take down and pull up my tights, buckle and unbuckle my belt, fasten and unfasten my buttons
- ___ Push down the toilet lever
- ___ Push the soap dispenser
- ___ Wash and dry my hands
- ___ Cover my mouth when I cough
- ___ Blow my nose and put the tissue in the garbage can

Thank you for supporting your child.

See you in September!