

GETTING YOUR CHILD READY FOR KINDERGARTEN

As your child gets ready for kindergarten, there are things you can do at home to help them succeed:

Making Friends:

- Talk to your child and do things together.
- Go out with your child to meet new people, this helps your child feel confident outside home.



Eating:

- Let your child practice opening lunch and snack items.
- If your child has food allergies, talk to the doctor and create a plan.



Taking Care of Themselves:

- Teach your child to do things on their own, like dressing and washing hands.
- Encourage them to try doing things on their own.



Using The Toilet:

- Encourage your child to use the toilet by themselves.
- If they're still learning, create a routine and share it with the kindergarten.



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Reading & Storytelling:

- Read to your child every day.
- Read different things, like newspapers or signs.
- Make reading fun and involve other family members.



Drawing & Writing:

- Let your child use different tools for drawing, like pencils, chalk & paint brushes.
- Encourage them to hold tools with their fingers.



Before Kinder:

- Make an appointment with the Maternal & Child Health nurse for your child's 3½ year old check.
- Talk to the teacher if you have concerns.
- Visit the kindergarten with your child.
- Put labels on clothes and belongings.
- Pack extra clothes in their bag.
- Play with your child and limit TV, iPad, phones & computers.



Going To Kinder:

- Make sure your child goes to kindergarten regularly.
- Have a routine for dropping off and picking up your child.

