

What your child wants you to know about...

# Kindergarten Readiness

There is a lot I have to learn before I can be ready to go to Kindergarten. Before I can go to Kindergarten I need to be able to take care of my body and my things. I also need to be ready to learn from my teacher instead of needing her to take care of my feelings like you do. Lots of parents think it is important to teach their children their ABC's and numbers. I like to learn these things but mostly I need your help getting ready to learn at school and learning how school works.

- **Getting ready to learn at school...** My body needs to feel good inside so I can pay attention at school. I can't learn if I am hungry or tired. I need to get at least 8-10 hours of sleep each night. I need to eat breakfast before I go to school if they don't serve breakfast there. If I get up very early and won't have breakfast for a couple of hours, please let me have a small healthy snack. If I feel comfortable on the inside, it will be easier for me to do the things you need me to do to get ready.
- **I need to learn about independence.** I need to be able to do a lot of things for myself when I get to Kindergarten. I will need to know how to fasten my clothes, follow directions, wait my turn and ask for help. Help me practice these things at home. I will learn it best if you do it with me first and then let me try on my own. I feel really good inside when you get excited about all the things I can do for myself. Help me learn it is fun to try new things even if I make mistakes. One of the best ways I learn is if you let me be your helper. I like being with you and it helps me feel really big inside.
- **I need to learn about getting along with others.** I will be meeting a lot of new children. I will learn about making friends and being a friend by watching you. When you are kind to me and handle me gently, I will be kind and gentle with others. When you are friendly with others, I will learn to be friendly with others.



- **I need to learn about how to learn and how to solve problems.**

There is so much to learn in Kindergarten. I will need help learning and I will need help solving problems. There are a lot of things I can't do for myself so I might get frustrated while I'm learning. Help me know that everybody feels frustrated sometimes and that the important thing is that I tried. I can always try again and soon I will get it!

#### **You are my best teacher...**

- **You are my best teacher. I watch everything you do.** I learn so much by watching you. Show me what you want me to learn. Take time to stop and teach me about the things we see and do together.
- **You are my best teacher. Read to me.** The world is a big place. Looking at picture books and reading to me helps me learn about the world and how it works. Learning about the world will help me find things I am interested in and will make me want to learn more.