

Starting kindergarten is a big step for both you and your child. As a parent, you want your child to have a happy and successful school life. Here are some things you can do to ensure that your child experiences kindergarten as a time for learning and a time for joy.

LEARNING TO BE A FRIEND

- ☀ Help your child learn to use words to describe feelings. "I am feeling sad today."
- ☀ Encourage your child to include others when he plays.
- ☀ Praise her when she is helpful or kind to others.
- ☀ Model the kind of caring behaviour you want to see. You are your child's most powerful teacher.
- ☀ Play card and board games that help your child learn how to take turns.
- ☀ Try to have one sit-down meal with your child every day. Help him learn that conversation includes both speaking and listening.
- ☀ Plan playtimes for your child with other children.



GETTING READY FOR THE CLASSROOM

- ☀ Make listening a family habit.
- ☀ Sing songs and rhymes in your own first language.
- ☀ Read and tell stories to your child.
- ☀ Encourage your child to tell or read you stories.
- ☀ Count things—how many stairs, plates, trees, etc.
- ☀ Play sorting games—cups and plates, leaves, socks.
- ☀ Talk about your child's name. Practice writing the letters in the sand, in the air, with crayons, with paint.
- ☀ Make a homemade photo book about your child.
- ☀ Talk about signs in the neighbourhood. "This sign means we have to stop."
- ☀ Play memory and number games with cards and dice.
- ☀ Talk about sizes and shapes of objects. "Which one is smaller? Can you see a circle inside a square?"
- ☀ Keep a regular bedtime and make sure your child gets enough sleep—between 11 and 14 hours per day.



LEARNING TO BE INDEPENDENT

- ☀ Encourage your child to use words and ask politely for help when he needs it.
- ☀ Give your child simple but important jobs such as putting away her toys after use, setting the table, pairing up socks.
- ☀ Help your child memorize his phone number and address.
- ☀ Encourage your child to look after herself in the bathroom.
- ☀ Spend a little time each day practicing how to do zippers, buttons and shoes.
- ☀ Give your child two things to choose between so he can practice decision-making.
- ☀ With jobs or tasks that are really big to the child, offer to share the load. "You do one, now I'll do one."



CHILDREN WHO ARE READY FOR SCHOOL...

- ☀ Are eager to try new things
- ☀ Are curious about the world
- ☀ Get along with others
- ☀ Follow rules and instructions
- ☀ Take care of their belongings
- ☀ Show an interest in books
- ☀ Know some letters of the alphabet
- ☀ Can print their own names
- ☀ Recognize numbers and can count

DID YOU KNOW...

In River East Transcona we offer a variety of free programs for parents and preschool children:

1, 2, Buckle My Shoe (ages 3 – 5) • At this exciting numeracy program, families enjoy learning how to bring math and math concepts into their everyday lives.

Alphabet Soup (ages 3 – 5) • Parents and children enjoy a variety of songs, rhymes and books focusing on the theme of healthy eating and nutrition.

Baby Bumblebees (birth to 18 months) • Introduce your baby to the joy of songs, rhymes and finger plays in this hour long program.

Gift of Words (18-36 months) • This hour-long dynamic program for parents and toddlers features high-energy rhymes, singing, book sharing and puppets.

Jack be Nimble (ages 2 – 5) • This interactive session for parents and children is jam-packed with ideas and suggestions for keeping the whole family fit, active and full of energy.

Rock & Read (ages 3 – 5) • During this 90-minute program, parents and children enjoy rhymes, songs and finger plays as well as the fun of learning to make a homemade book.

Literacy Links Home Visiting Program (for children about to enter kindergarten) • Participating families receive three visits from a trained facilitator who helps both parents and children prepare for the upcoming adventure of school.

For more information on our programs, please call 667-7130 ext. 2301 or e-mail preschool@retsd.mb.ca

Countdown to Kindergarten



© 2006 River East Transcona School Division www.retsd.mb.ca
589 Roch Street Winnipeg, Manitoba R2K 2P7
Tel 204.667.7130 Fax 204.661.5618

