



How Can My Child Have a Successful Kindergarten Experience?



1. Read to your child every day! Any type of reading material is good, especially anything which contains lots of rhymes. Help your child "read the pictures" and talk about the story. Ask "**thinking**" rather than "**testing**" questions. For example, "What do you think will happen next in the story?" or "Why did he say that?" Later, ask him/her to retell the story in his/her own words.
2. Point out the print in your environment on stores and signs. Look for **alphabet letters**.
3. Talk to your child frequently and encourage **conversation**.
4. Have your child participate in **hands-on activities** such as counting, sorting, drawing and building.
5. Encourage a **standard pencil grip** when your child writes, draws or eats.
6. Provide opportunities for both large and small muscle **exercise**.
7. Play **music** that has a definite rhythm.
8. Keep the TV watching and computer-playing to a **minimum**.
9. Have your child drink lots of **water**.
10. Make sure your child gets enough **rest**.
11. Foster independence in your child:
 - a. **Practice** taking care of bathroom and personal hygiene needs.
 - b. **Practice** being able to put on and remove coats and boots.
 - c. **Practice** opening lunch items including lunchbox.
 - d. **Practice** packing a backpack and zip it up.