



## Preparing for Kindergarten: A Guide for You and Your Child



### SOCIAL and EMOTIONAL

**Social and emotional developments are ways that children learn to experience, express, and gain control over their emotions and social interactions. Children are more likely to feel more confident and secure when they are encouraged to:**

- ☺ Express their feelings, moods and opinions
- ☺ Develop friendships
- ☺ Respect others
- ☺ Make choices and decisions
- ☺ Value their work
- ☺ Maintain concentration and persist in tasks
- ☺ Experiment and explore
- ☺ Try new things

### LITERACY

**Reading and writing are two ways in which children develop language and early literacy skills. Children grow into strong readers and writers when they are encouraged to:**

- ☺ Participate in playing with sounds; such as rhyming, finger plays, etc.
- ☺ Identify and associate letters with their names and sounds
- ☺ Recognize a few meaningful words
- ☺ Use reading-like behaviors
- ☺ Understand book concepts such as title, author, front, back
- ☺ Understand stories and books read to them
- ☺ Predict, retell and make connections to stories
- ☺ Use a variety of forms of early writing; such as scribbling, drawing, and letter-strings etc.
- ☺ Begin to write familiar words, such as their name
- ☺ Attempt or pretend to read what they have written
- ☺ Understand that ideas can be written and read by others
- ☺ Develop greater control over the physical skills needed to write

## MATH

**Young children's understanding of math, extend beyond numbers and counting. Early learning in math can be encouraged by helping children to:**

- ☺ Solve daily life problems; such as how many plates to set
- ☺ Compare, sort and classify objects, relationships and events in their environment
- ☺ Recognize patterns; such as yellow, blue, yellow, blue
- ☺ Count up to ten and beyond
- ☺ Describe more / less / same
- ☺ Use number words
- ☺ Understand one-to-one correspondence; such as one sock to one shoe
- ☺ Recognize geometric shapes; such as circles and squares
- ☺ Understand direction, order, positions; including up, down, over, under, top, bottom, etc.

## SCIENCE

**Young children's understanding of science helps them to understand the world around them and how it works. Early learning in science can be encouraged by helping children to:**

- ☺ Become interested and curious about their environment
- ☺ Question why things happen
- ☺ Build an awareness of plant and animal life
- ☺ Understand the use of simple tools
- ☺ Describe environmental characteristics; such as seasons, weather, rocks, and earth

## SOCIAL STUDIES

**Early learning in social studies gives young children the skills they need to be citizens in the community in which they live. Children learn as they observe the world around them and should be encouraged to observe and learn more about:**

- ☺ Themselves
- ☺ Their families
- ☺ Special occasions/events
- ☺ Recent and past events
- ☺ Rules and consequences
- ☺ Occupations
- ☺ How people use money
- ☺ Taking care of their environment

## HEALTH

**Children's physical health, safety and nutrition contribute to their learning. Children should be encouraged to:**

- ☺ Practice personal hygiene
- ☺ Prevent spreading germs
- ☺ Identify who to turn to in an emergency

## LEARNING

**Approaches to learning are ways that children respond to a task. Children are more likely to be successful in school and in life when they are encouraged to:**

- ☺ Make choices and decisions
- ☺ Value their work
- ☺ Maintain concentration and persist in tasks
- ☺ Experiment and explore
- ☺ Try new things

## SPEAKING

**Speaking and listening are ways in which children develop language. They are better able to express themselves clearly and communicate with others when they are encouraged to:**

- ☺ Participate in conversations
- ☺ Follow simple spoken directions
- ☺ Listen attentively and avoid interrupting
- ☺ Understand that people communicate in a variety of ways

## PHYSICAL

**Physical development contributes to a child's overall health and well being. A child's large motor development and fine motor development can be enhanced by:**

- ☺ Recognition of body parts
- ☺ Participation in active play
- ☺ Opportunities to coordinate movements; such as throwing, catching, etc.
- ☺ Cutting with scissors
- ☺ Using pencils and crayons