



# Before School Starts

Please work with your child on:

## Daily tasks

- Saying his/her first **AND** last name.
- Recognizing own name and begin writing with lower case letters.
- Managing his/her personal needs, (bathroom, tissues, hand washing.)
- Putting on and off his/her coat, smock, shoes.
- Buttoning, zipping, and tying.
- Following 2-step directions. (Get your toy and come to the kitchen. )

## Academic tasks

- Attempting to hold a pencil correctly.
- Cutting with scissors on a line.
- Recognizing some letters and their respective sounds - Play "find the letter game while riding in the car, shopping, etc. Write letters in the sand at the beach. Have a "letter day" (select food, video, book beginning with a letter).
- Counting to ten - Count the steps in your house, count how many red (any color) cars (also good for color identification).
- Recognizing rhyming words. Sing or recite nursery rhymes.
- Recognizing colors – Help with laundry: find all the blue shirts, white socks, look for cars on the road, houses, etc.
- Reading daily --You read to him/her, he/she reads the pictures to you.

## Spiritual tasks

- Going to Mass weekly; understanding that Liturgy is a quiet time to be with God.
- Praying the Sign of the Cross
- Establishing prayer as a habit--praying before meals, before bed, etc.



# Before School Starts

## TIPS FOR A SMOOTH TRANSITION TO KINDERGARTEN

Before school begins:

- Establish bedtime and wake-up routines a couple of weeks before the first day of school.
- Practice drop-off or bus routines.
- Practice pick up routines.
- Provide social situations for your child that will build your child's sense of independence and competence. Build up time away from you.
- Let your child show what they can do. Encourage him/her to get dressed independently.
- Encourage him/her to be responsible for his/her own things.
- Practice opening items you will be sending in the snack and lunch box.
- Phase out nap-time. Wean from comfort items.
- Go easy on afterschool activities until your child had adjusted to the new routine.
- Practice! Role-play situations that your child has expressed anxiety about.

The first day:

- Be on time.
- Give a cheerful "Good-Bye", and drive away. This is not a day to linger.
- Remember: tears are not unusual.
- Don't share your anxiety or sadness with him or her.
- Be on time after school.
- Create a tradition for the first day of school.

Every day:

- Be on time for drop-off and pick-up.
- Go easy on afterschool activities until your child had adjusted to the new routine.
- Communicate concerns and seek clarification.
- Continue to practice or role-play new situations.
- Encourage competence and independence.