

# Helpful Hints for Every Day



- Set regular bedtime routines for your child. Make sure she gets enough sleep.
- Start the day calmly. Leave enough time for morning routines and breakfast.
- Recognize and praise your child for his efforts.
- Remember that children's abilities vary. Your child is an individual with her own rate of growth, interests, strengths and talents—honor her for those!
- Read to your child daily.
- Allow your child to make choices and assume responsibilities around the house.
- Limit television and other screen time; be aware of the appropriateness of TV program choices.
- Ask your child what happened in school today (and every day!).
- Remember to check the backpack daily for your child's work and school notices.
- Dress your child appropriately for the weather and the day's activities, which may include painting and other messy projects.
- Keep your child's teacher updated on any changes that may affect your child (such as separation, moving, trips and the serious illness or death of any family member or pet).

# Practicing Kindergarten Readiness Skills ► It's Routine!

## Personal and Self-Help Skills ►

- Dresses self
- Recognizes primary colors
- Attends to a task independently
- Clean-up skills
- Performs daily routines

## What They Might Look Like in Your Daily Routine

- Velcros, snaps, zips, buttons
- “How about wearing your blue shirt today?”
- Uses bathroom and washes hands
- Puts toys away when finished
- Hangs up coat independently

## Social and Emotional Development Skills ►

- Take turns
- Is able to separate
- Is flexible in transitions
- Is persistent and asks for help when needed
- Engages in two-way conversation
- Uses words to resolve conflicts
- Plays or works cooperatively

## What They Might Look Like in Your Daily Routine

- Takes turns while playing a game
- Leaves parents/guardian easily
- Moves easily with preparation
- Tries independently then asks
- Answers a question when asked
- Asks for toy rather than grabbing
- Colors or builds something together

## Mathematical Development Skills ►

- Recognizes common shapes
- Understands cooking concepts
- Understands spatial awareness
- Sorts objects into groups

## What They Might Look Like in Your Daily Routine

- Plays “I Spy” with shapes nearby
- Tries measuring while baking
- Moves toys, up, down, over, under
- Sorts clean laundry, cars, toys

## Reading Skills ►

- Shows appreciation for books and reading
- Understands where a book starts
- Is aware of rhyming words
- Differentiates between letters and numbers

## What They Might Look Like in Your Daily Routine

- Is read to daily
- Reads or looks at books from front to back
- Plays rhyming games
- Identifies some letters and numbers

## Physical Development Skills ►

- Able to perform simple fine motor skills
- Combines movement to accomplish physical tasks

## What They Might Look Like in Your Daily Routine

- Assembles puzzles, holds writing tools correctly, uses scissors
- Runs, jumps, throws, kicks, hops