

## Kindergarten Readiness



You are your child's first teacher and you play a vital role in your child's education! The number one way that you can stimulate brain development is by providing varied opportunities for your child to play.



## The First Days of K!

Adjusting to life in Kindergarten is hard! Expect your child to come home physically and emotionally exhausted. It is hard work managing big feelings while learning academic and social lessons in a diverse group of children with a variety of needs. There will likely be a period of adjustment where your child will be navigating new friendships and understanding new expectations. There are bound to be bumps along the way! Allow your child time to rest, relax, and adjust to their new life as a student. Be positive and supporting when discussing their school experiences. If you have questions or concerns, reach out to us! Your first point of contact is your child's teacher. Teachers are happy to share information, meet with families, and learn from parents. Admin is also here to help!



## **The Kindergarten Transition!**

Welcome to Kindergarten at Ridgeway Elementary! We are very much looking forward to working with you and your child this year.

Creating a positive partnership between home and school is crucial for starting your child off on a successful school journey. As a team of supportive adults we can help guide your child towards building a positive attitude for learning and strong self-regulation skills.

Kindergarten is a play-based curriculum that will teach your child through fun, stimulating activities that allow them to practice academic skills, motor skills, and social skills. While we play with language, letters, and numbers we will make friends, learn about ourselves and explore the world around us.



## How can I support my child's learning in Kindergarten?



### Literacy Skills

- Read together
  - Talk about the pictures
  - Ask questions about the story
  - Reread favourites
  - Go to the local library
- Sing songs and practice rhymes
- Practice recognizing and making their name
- Label and name things around the home
- Point out and read environmental print like road signs, grocery store signs, etc.



### Numeracy Skills

- Count everyday objects together like rocks at the beach or socks when helping with laundry
- Practice sorting by colour, shape, and size
- Point out and make patterns
- Mark special times and events on a calendar
- Measure their height and weight
- Use words that give direction (put it under..., move it... beside..., first, next, last...)

### Communication and Social Skills

- Show empathy for others
- Have respect for things, people, and nature
- Play games to encourage sharing and turn taking
- Recognize and name emotions
- Talk about strategies to be calm and deal with strong emotions
- Model patience and persistence
- Set up playdates to provide opportunities for interaction
- Talk, talk, talk! Discuss your day, expand your child's sentences, make up stories, etc.

### Healthy Living

#### Eating

- Provide healthy food choices, pack a snack and lunch that will give your child healthy fuel to keep learning
- Involve them in food preparation
- Drink water over juice or soda, only water in water bottles is allowed at school
- Avoid grazing and have set meal and snack times where they sit and eat at the table
- Practice polite table manners

#### Media and Screens

- Set and enforce screen time limits, no more than 60 minutes a day is recommended for this age
- Set a good example by limiting your own screen time
- Watch with your child and closely monitor their access for child-appropriate content, talk about what they are seeing

#### Physical Activity

- Get outside and be active
- Encourage safe risk-taking; instead of saying 'Be careful!' try, 'Do you have a plan to get down?'
- Walk, run, jump, climb, roll, balance, swim, throw, dance, spin, and ride!
- Practice fine motor skill using:
  - Play dough
  - Scissors and glue
  - Lego/building bricks