

10 THINGS TO DO TO GET YOUR CHILD READY FOR FULL-DAY KINDERGARTEN

1. Practice printing first name. First letter is upper case, and all others are lowercase. Help your child learn to recognize his or her name in print.
2. Practice using scissors. Thumb up. Practice on thick paper until your child becomes comfortable using scissors proficiently. Always supervise your child with scissors.
3. Practice using a glue stick. Let your child take the cap off and roll it up a little bit. (Just like using a Chapstick.) Use fabric strips, pictures cut from magazines, foam shapes, etc. to create a collage.
4. Provide opportunities to use fine motor skills. String macaroni, build a block tower, and pick up cards with a clothespin.
5. Help your child recognize and create patterns. Start a sequence pattern like green, yellow, green, yellow, and let your child finish it. Food can be very motivating for patterning because children can eat their creations!
6. Talk about colors and shapes in your daily routines.
7. Talk about numbers and use number concepts.
8. Reinforce self-help skills like using a tissue, using the restroom independently, and zipping and buttoning clothes.
9. Establish a daily school routine and start practicing one full month prior to the start of school. Practice the morning routine of eating breakfast and getting dressed. Establish an earlier bedtime and try to skip the afternoon nap, if your child is still in the habit of taking one.
10. Read to your child EVERY DAY! Let him or her hold the book, turn the pages, and follow along with his or her finger while you read the story. The benefits of reading are the greatest when the child is an active participant, engages in discussions about stories, learns to identify letters and words, listens for rhyming patterns, and words, and predicts what will happen next in the story.