

## SOCIAL AND EMOTIONAL READINESS

Here are qualities that your child should start developing prior to kindergarten:

1. **Cooperation:** Your child needs to learn how to get along with other children and how to take turns. To help your child develop this quality, it is important to provide as many opportunities as possible for your child to interact with other children his or her age. There are many opportunities for children to interact at the park or in play groups.
2. **Self-control:** Show your child acceptable ways to express feelings. Teach him or her that behaviors such as screaming, hitting, pushing, and biting are not acceptable and that there are consequences for inappropriate behavior. Teach your child other ways of working out problems, such as counting or talking. If your child does exhibit inappropriate behavior, provide consistent discipline. Also, provide opportunities for your child to participate in a quiet setting. Have him or her sit quietly and listen to a story.
3. **Empathy:** Children need to show an interest in others and their feelings. If your child has a disagreement with a peer, ask your child how he or she thinks the other child might feel.
4. **Curiosity:** Children are naturally curious. Allow your child many opportunities to explore and learn about different things. By allowing your child to explore, you are giving him or her a chance to learn something new.
5. **Confidence:** Children need to feel good about themselves and about their successes. It is very important to provide appropriate praise. There is an opportunity to praise children during all activities. Just say a kind word. They will love it!
6. **Independence:** Provide opportunities for your child to do work on something independently. Have your child help set the table or pick out clothes for the day.
7. **Motivation:** All children have a desire to learn. As an adult, it is important to show a positive attitude towards school and learning. If you are excited about school, your child will be even more excited about school!
8. **Persistence:** Children need to finish what they start. Start teaching your child that if he or she starts something, he or she needs to finish it. Play games with your child, make sure you both finish the game. If your child is struggling with completing a task, provide support and praise. This will motivate your child even more to finish!