



Get Your Child Ready For Kindergarten

HERE ARE SOME IMPORTANT (AND FUN) STEPS YOUR FAMILY CAN TAKE TO GET READY FOR THE FIRST DAY OF SCHOOL.

For more kindergarten readiness information and to download the "Welcome to Kindergarten" parent guide, visit earlylearning.mnps.org. You can also pick up a copy of the guide (with an appointment) at any of the eight enrollment centers or the Office of English Learners.



HEALTHY HABITS

- Make an appointment with your doctor or a health clinic to get a physical. Also make sure your child has the required immunizations and an updated Tennessee Certificate of Immunization.
- Set an early bedtime. There is no rest time in kindergarten, and kids need lots of sleep to thrive.
- Serve well-balanced meals to provide your child with good energy for a busy day at school.
- Practice handwashing at home. Explain to your child the importance of handwashing. For fun, sing a 20-second song, such as the "Happy Birthday" or "ABC" song while handwashing.

PLAY!

- Children learn valuable social skills when they play together. They learn to communicate, share and solve problems — three skills they'll need in kindergarten.

ENCOURAGE INDEPENDENCE, ONE STEP AT A TIME

- Your child can help with daily routines and household chores. Teach your child to get dressed, use the bathroom, wash hands, open containers (like milk or juice boxes) and clear the table. Practice these skills at home in an environment your child knows. These steps will also help your child be ready for drawing, writing and cutting in kindergarten.
- Teach your child how to brush his or her teeth. You can practice together two times every day.

USE THE KINDERGARTEN READINESS CALENDAR FOUND ON WWW.MNPS.ORG/COUNTDOWNTOKINDERGARTEN FOR FUN, ENGAGING ACTIVITIES TO DO EACH DAY LEADING UP TO KINDERGARTEN.

TALK WITH YOUR CHILD ABOUT KINDERGARTEN

- Discuss all the good experiences school will provide. Be sure your child has an opportunity to see his or her new school to become familiar with the building. Check with the school to see if there are virtual events or opportunities planned where students can connect directly with their teachers on a video call.
- Have lots of conversations! You can discuss what your child will do in the library, cafeteria, gym, office, playground and classroom. Introduce new words to help your child's vocabulary grow.
- Start a bed time routine that includes reading a book with your child. At the end of the book have your child retell the story. This is also a great opportunity to connect and have a positive conversation with your child about kindergarten.

GREAT WAYS FOR YOUR CHILD TO LEARN AND GROW BEFORE SCHOOL STARTS

- Practice writing their first and last name.
- Draw a picture or write a note for a family member.
- Count to 10. Then try counting backwards from 10 to zero.
- Practice tying their shoe.
- Look at a cereal box. Find all the letters you know.
- On your next drive, read signs and point out letters in the sign and the sounds they make.
- Play the opposite game with your child. When you say "up" your child says "down." Start with easy pairs (big/little and fast/slow) and try harder words, too.
- Encourage your child to set the table and to count enough plates, cups and forks for everyone.
- Sort and fold laundry with your child. Talk about different colors as you sort.