

Things Parents Can Do.....

Kindergarten has changed...learning gets off to a fast start today. The more time parents can invest – playing games, reading, talking, making projects – the better! Your child will be more prepared and more successful. We hope some of these pointers are helpful.

- Limit TV watching and electronic media to less than 2 hours per day.
- Establish a bedtime. It should give your child 10 or more hours of sleep each night.
- See that your child has opportunities for physical activity, outside when possible.
- Visit the library, park, zoo, etc.
- Help your child develop independence with dressing, eating and personal hygiene.
- Interact with your child frequently. Talking, listening and touching are all good!
- Provide toys and games that encourage exploring (play doh), manipulating (blocks) and dramatic play (dolls, cars).
- Provide opportunities for your child to interact and play with other children.
- Encourage social values (Kindness, sharing, etc).
- Establish rules or limits for behavior and stick to them.
- Encourage work values like effort and persistence.
- Read, Read. Read to your child everyday. Interact as you read. Reading is one of the most important things parents can do.
- Read poetry, nursery rhymes and sing songs.
- Play alphabet games, read alphabet books and talk about letter names and sounds.
- Provide pencils, paper, crayons, markers, scissors and glue. Encourage drawing, writing, and coloring.
- Have your child do simple chores. This encourages responsibility.
- Make sure your child knows his address, phone number and birthday.
- Play games – number games, guessing games, card games. These are educational!

