

I Want

To Be

Ready



SMART BEGINNINGS

South Hampton Roads

Ready for School – Ready for Life

*A Guide for Parents and Family Members of Children
Birth to Age Five as well as Caregivers, Early Childhood
Professionals, Kindergarten Teachers, Communities,
Schools and Everyone Who Touches a Child's Life.*

You Can Help Me

This guide contains simple everyday activities you can use to help me prepare for kindergarten.

Remember:

- You are my first and most important teacher.
- I learn every day as we talk, play and work together.
- I learn best when I am involved in activities that are fun and give us time together.
- I learn by playing.
- Being ready for school is a combination of age, growth and experience. I will develop at my own rate, but you can help me get ready for school.

Kindergarten

**Help me to feel excited and comfortable
about starting kindergarten.**

- Talk with me about what my school day will be like.
- Take me on a visit to my new school.
- Listen to my thoughts and answer my questions about school.
- Show me how to use pencils, crayons, markers, paintbrushes and scissors.
- Teach me to cooperate with others.
- Help me to learn to complete a task by using step-by-step directions.
- Involve me in group activities like story time at the library.
- Show me how and talk to me about sharing with others.
- Show me how and talk to me about waiting my turn.
- Show me how and talk to me about sitting in a circle and standing in a line.

How I Learn

Help me explore and discover.

- Talk with me about what we do together. We can talk about what we see while we are riding in a car, shopping for groceries, playing and taking a bath.
- Take me to new places, show me new things and allow me to ask questions.
- Allow me to make choices, for example, “What book will we read?”
- Talk, read, sing, dance and play with me.
- Allow me to paint, draw, color, whistle and make music.
- Let me use my imagination.
- Help me learn to complete a task step by step.
- Teach me that making mistakes is a part of learning.
- Encourage me to keep trying even when it seems hard.
- Praise me when I try and learn new things.

My Social and Emotional Skills

Help me feel good about myself.

- Show me how to be a friend.
- Praise me for the things I do well.
- Be patient with me as I learn and grow.
- Help me to use words that describe the way I am feeling.
- Teach me that my feelings are okay, but not all my actions are okay. It is okay to be upset, but not okay to hit others.
- Help me to find and use words to describe the way I am feeling.
- Help me calm myself down when I get upset.
- Teach me to ask for help when I need it.

Support Me and My Family

**Help me learn about who I am
and where I come from.**

- Talk to me about my family and the special things we do together.
- Show me photos and talk to me. Tell me stories about my family and our traditions.
- Talk about the different families represented in my school and classroom.

**My teachers and my family need to talk
with each other so I can learn better.**

- Find the best way to communicate with my family.
- Take the time to sit and talk about me.
- Let my family know about school and community services we might need.
- Invite my family to be a part of my classroom.

Keep Me Safe
and Healthy

Help me feel safe and be safe.

- Make sure you always know where I am and keep me safe by watching me get on the bus and have someone meet me when I get home.
- Help me practice saying my name, address and phone number in my home language and English.

Help me to be able to help myself.

- Help me practice going to the bathroom, washing my hands, dressing myself and tying my shoes all by myself.
- Teach me to pick up my playthings and put them away.

Help me feel healthy.

- Make sure I am fed, rested and dressed for the weather.
- Make sure I have all my up-to-date immunizations and shots.
- Make sure I have regular doctor, dental visits and eye exams.
- Let me play outside, run, jump, climb and move to music as I am able.

How I Use Numbers and Words

**Help me to be familiar with
words, symbols and books.**

- Help me find and name letters, colors, shapes and how and where they are used everyday.
- Take me outside and let me listen to the sounds around me and talk about the things I see.
- Read to me. Take me to the library. Bring me books and magazines with lots of interesting pictures we can talk about together.
- Say and sing nursery rhymes, and play rhyming games with me.
- Show me how to hold and turn pages in a book.
- Help me count buttons, socks, pennies, dimes, people and anything else we see.
- Help me match and sort everyday things.
- Show me how numbers are used in our world. For example, the numbers on a clock, measuring cups and calendars.
- Let me help you cook, clean and work in the kitchen.
- Let me play with blocks so I can learn how pieces make a whole.



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