



## How to Help Children Prepare for Kindergarten

- encourage independent actions where appropriate
- delegate responsibility when possible - setting the table, buttoning a jacket, putting on shoes, getting dressed
- listen to your child and encourage complete sentence responses in conversation - try to make the necessary time for this
- expect your child to speak in turn during conversations
- read to your child as often as possible and discuss the stories
- count with your child - when you are in the car, grocery store, at home - everywhere - count things you see and touch
- give your child one task at a time and have him or her follow through before giving additional directions - putting shoes on, brushing teeth, finding your coat
- play with Play-Doh, large Legos, sort small objects, paint, cut, color with markers and crayons - all of these activities help develop your child's fine motor skills
- encourage your child to make eye contact when talking with you and acknowledge when he or she being spoken to
- play outside with your child to engage him or her in large motor skill activities such as hopping, chasing, and kicking or throwing a ball
- the proper amount of sleep and a well balanced diet help with the development of your child's brain and body
- limit screen time - especially the hour before bed

