

## 10 Tips to Prepare for Kindergarten

### Create a Routine

Create a routine that works for your family. It is recommended that children get 10+ hours of sleep each night. Work on creating a routine now, so when school starts your child is prepared!

Practice recognizing their written name. This will help them to locate their cubby, backpack, etc. If they will be using a different name at school make sure they have some practice at home.

### Name Recognition

### Read!

Find a time each day to read together. Have books and different print around the house. Find books that interest your child. It is important to foster a love of reading at a young age.

Practice, practice, practice! Some self-help skills to work on include: toileting, getting dressed (they may still need help with zippers and buttons), opening containers and lunch boxes and eating.

### Self-Help Skills

**Work on Separation**

Give your child time each day to work on tasks independently. If you live with a partner or relative try scheduling time that they can be left together. You can find books on separation here: <https://www.getepic.com/>

This is difficult right now with the current pandemic. If possible, video call with friends and family. You can also find books on making friends here: <https://www.getepic.com/>

**Socialize**

**Key Words**

Keep your home language at home! It may be helpful to teach a few English words so your child can ask for help (i.e. washroom, water). It is important that they feel comfortable asking for help!

Keep special and important objects at home. The chances of something getting misplaced is high. Keep a family photo in their bag, if they are missing home, they can keep it with them.

**Comfort Items**

## Use Labels

Label all of your child's belongings with their name. Some items you may want to label includes: backpacks, lunch bags, containers, water bottles, hats, shoes, and extra clothes. Masking tape works great!

Talk about school often! Talk about all the fun things they will be doing at school. Even if you are feeling nervous about them starting school, keep the conversations positive.

## Talk About School

Disclaimer: You will need to create an account to use <https://www.getepic.com/>. Once you create an account you have access to 40,000 digital books free for 30 days!