

Smart Beginnings

I'm Getting Ready for Kindergarten booklet

(available in English & Spanish)

I'm Getting Ready For Kindergarten!



For Busy Parents: 10 Secrets to School Success

- Know if your child is ready for school.
- Use everyday moments for learning.
- Sharpen your "getting ready" tools.



Dear Parents,

As your child's first and most important teacher, you have a vital role preparing your child for kindergarten. Kindergarten marks the beginning of exciting new learning opportunities for both your child and you.

This booklet contains information on ten areas important to a child's kindergarten readiness:

- | | |
|------------------------------|-----------------------------|
| 1. Talk and Listen | 6. Physical Activity |
| 2. Read Books | 7. Be Healthy, Stay Healthy |
| 3. Getting Along With Others | 8. Art |
| 4. Numbers and Exploration | 9. Food |
| 5. Play | 10. Limit Television |

In each area, there are practical, everyday activities that further your child's learning and growth. This booklet will highlight the many ways that you already help your child's development and help you with developing and assessing your child's readiness for school.

Check the "apples" next to each item – the more you do every day, the better! Young children grow at different rates, so please remember your own child's development may vary from these guidelines. If you do have a concern about your child, please contact one of the resources listed in the back.

Starting kindergarten is one of the biggest transitions in a young child's life. To help prepare, contact your child's school in spring about registration dates and information on summer meetings or events. For additional ideas and ways to support your child's school readiness, please contact your local elementary school or Smart Beginnings.

This booklet was specially designed for parents, grandparents and caregivers in collaboration with Charlottesville/Albemarle Smart Beginnings partners:

Albemarle County Bright Stars
Arc of the Piedmont
Charlottesville City Schools
Preschool Program
Children, Youth & Family Services
Cove Child Development Center
Crozet Elementary School

Jefferson Area CHIP
MACAA Head Start
Partnership for Children
Park Street Christian Preschool
Red Hill Elementary School
Smart Beginnings
United Way-Thomas Jefferson Area

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¡Me estoy preparando para ir al kinder!



10 Secretos Para Triunfar en la Escuela

- Saber si su niño esta listo para la escuela.
- Utilizar los momentos de cada día para aprender.
- Apoyar y ser parte de su desarrollo.



Las familias, la salud, el ambiente y las relaciones con otros influyen profundamente en la preparación académica de los niños. Estar listo para la escuela es más que el nivel de desarrollo de un niño.

3 GETTING ALONG WITH OTHERS

Children who know how to interact with adults and other children have an easier time in kindergarten.

"What children hear and see, they say and do."

Did you know?

Kindergarten teachers state that a child's social skills (the ability to share, care about others and follow directions) are some of the most important aspects of being ready for kindergarten.

How you can help...	Once in a while	Once a week	Daily
My child plays with friends.			
I give simple directions and teach my child how to follow them.			
I address my child's inappropriate behaviors immediately and calmly.			
I teach my child how to handle emotions positively by showing how I cope with stressful situations in positive ways.			
I listen and accept my child's feelings and provide comfort as needed.			

Does your child...	Not Yet	Sometimes	Always
My child asks adults for help.			
My child is able to pay attention for 10 to 15 minutes at a time.			
My child works and plays independently and in a group.			
My child shares with others.			
My child listens to and follows simple directions.			

8 ART

"All children are artists. The problem is how to remain an artist once he grows up." Pablo Picasso

Did you know?

The arts are essential to every child's education, which is why the U.S. Department of Education lists the arts as one of the ten core academic subjects.

How you can help...	Once in a while	Once a week	Daily
I encourage creative movement, dance and pretend play.			
I sing songs, listen to music, play instruments or watch performances with my child.			
I provide arts and crafts materials for my child.			
I accept and encourage my child's creative ideas and projects.			

Does your child...	Not Yet	Sometimes	Always
My child uses a variety of movements, such as dancing, marching, clapping and jumping.			
My child is interested in making music and sounds.			
My child draws, colors, paints, creates or builds items using paper or other materials.			

For more information or to obtain copies, please contact:
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