

SELF-HELP SKILLS FOR KINDERGARTEN READINESS

Many people focus on the basics of letter and number recognition or reading skills when they think of kindergarten readiness, but being “ready” for kindergarten is a lot more than that – it encompasses all skills and strengths your kids have developed! This includes things like getting dressed on their own, being able to listen and concentrate, and communicating.



PRACTICE INDEPENDENCE AT HOME.

Encourage them to get dressed, hang up their coats, use the bathroom and wash hands without assistance, and clear their own dishes at mealtimes.



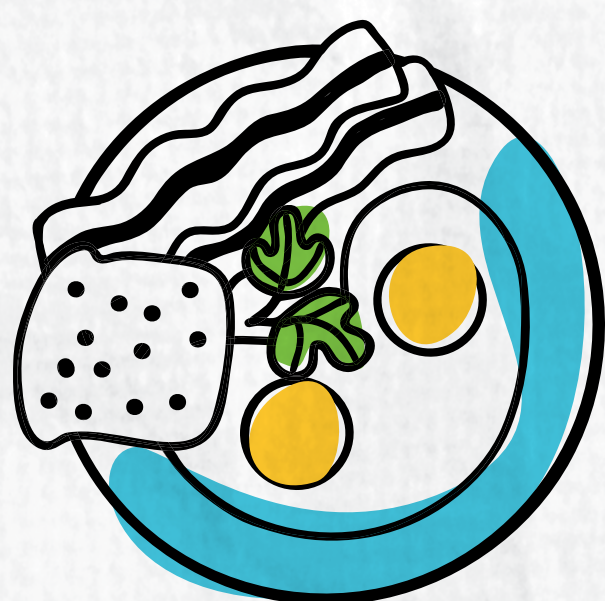
FOCUS ON SELF-HELP SKILLS.

Kids should know to blow their noses without prompting and put on their shoes to go outside. But make sure they are comfortable with asking for help, too.



DEVELOP AND FOLLOW ROUTINES.

Set up morning routines that will transfer into a school setting: getting up around the same time every day, getting dressed, and having breakfast together is a great start!



Here are some tips to help your kids really prepare for kindergarten.

TEACH RESPONSIBILITY.

Start transferring small responsibilities to your kids, like refilling their own water bottles or putting away certain grocery items after a trip to the store.

