

## Preparing for KINDERGARTEN

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*Kindergarten registration starts in January/February and often schools will have events for their newest students in the spring.*

### In the YEAR before KINDERGARTEN

- Create opportunities for your child to play with others
- Encouraging self-help skills such as: dressing, washing hands, zippers, loading a backpack, opening and closing containers, and helping with household tasks
- Reading daily to your child – develops important skills including listening and retelling
- Engage in daily routines at the same time each day, including bedtimes and meals
- Vision and dental examinations



### In the WEEKS before SCHOOL STARTS

- Talk about school starting – what your child can expect and feelings connected to this transition
- Visit a library and read books about starting kindergarten
- Visit the school playground and walk the route to and from school
- Teach you child how to ask for help from a teacher/adult
- Be positive and show confidence in this new experience
- Make a plan for the first day and talk about what will happen

### On the FIRST DAY

- Spend some time with your child at school on the first day. Let them know when you will leave and when you will return.
- Offer a connection while you are separated – a kiss, drawing, or item then can put in their pocket.
- When you see your child at the end of the day, give them 5 minutes uninterrupted for them to re-connect with you.

### Resources

- [www.peterboroughpublichealth.ca/LetsGoToKindergarten](http://www.peterboroughpublichealth.ca/LetsGoToKindergarten)
- [www.beststart.org/resources/health\\_chld\\_dev/pdf/school\\_readiness\\_english\\_fnl.pdf](http://www.beststart.org/resources/health_chld_dev/pdf/school_readiness_english_fnl.pdf)
- [www.hprschoools.ca/en/learning-and-programs/kindergarten.aspx](http://www.hprschoools.ca/en/learning-and-programs/kindergarten.aspx)
- [www.pvnccdsb.on.ca/our-schools/admission-registration/kindergarten/](http://www.pvnccdsb.on.ca/our-schools/admission-registration/kindergarten/)
- [www.ontario.ca/page/kindergarten](http://www.ontario.ca/page/kindergarten)

**Through play, children learn skills long before kindergarten...  
you are your child's first teacher.**



**For questions or more information, please contact**  
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