

23 WAYS TO PREPARE YOUR CHILD FOR KINDERGARTEN

The kindergarten teachers at Berryhill Elementary hope that this list of social skills will help you in preparing your child for kindergarten.

- 1. Teach and reinforce the proper table and general manners at home. (Ex. Covering mouth when coughing, using a tissue when necessary, cleaning up around himself/herself, not interrupting adults when speaking, not talking with food in their mouths, etc.)**
- 2. Teach your child how to share.**
- 3. Teach and reinforce appropriate behavior. (Ex. No hitting, kicking, pinching, pushing, or talking ugly.) Parents should support the teachers' discipline plan.**
- 4. Help teach personal hygiene skills. (Ex. Taking a bath every day , washing and brushing hair, brushing teeth, cleaning ears, etc.)**
- 5. Allow your child to dress and undress himself/herself. Teach and practice lacing and tying shoes, zipping jackets, and buttoning clothing.**
- 6. Teach your child how to clean themselves when using the restroom.**
- 7. Practice giving your child at least 2 step simple directions for him/her to follow.**
- 8. Practice writing your child's name with him/her while reinforcing the proper Saxon strokes. Names should not be written in all capital letters. (See handout)**
- 9. Teach your child to be respectful of adults. Teachers are their authorities when at school.**
- 10. Play games with your child. (Color games, counting games , listening games, etc.)**
- 11. Read to your child everyday for at least 15 minutes.**
- 12. Practice giving your child 3 options and allow them to make one choice.**
- 13. Help your child recognize his/her name in print.**
- 14. Introduce crayons, markers, scissors, and glue to your child.**
- 15. Teach your child how to properly wash their hands.**
- 16. Engage in conversation with your child about books, activities, etc.**
- 17. Tell your child at least once a day how much you love them!**
- 18. Give your child some responsibilities (Ex. Making his/her bed, emptying a section in the dishwasher, etc.) Set some boundaries. Let your child know that their "job" must be accomplished before they can play or watch T.V.**
- 19. Make a list of rules for your house and list the consequences for inappropriate behaviors. BE CONSISTENT!**
- 20. Teach your child how to take care of his/her things. (Ex. Picking up their toys, hanging up their jackets, etc.)**
- 21. Teach your child not to share snack and lunch foods at school.**
- 22. Help your child learn his/her address, phone number, and parents' full name.**
- 23. Teach your child the difference between an inside (quiet) voice and an outside voice.**