



Children need to learn how to feel safe and comfortable being separated from their parent/guardian.

Activities to give your child opportunities to learn to be away from you:

- Organized sports programs.
- Organized day camps.
- Involve your child in a play group.

Children need to be able to stay focused and complete a single activity for 10 minutes (not including TV or video games).



- Complete a puzzle (about 8-10 pieces).
- Color a picture until it is finished.



Children need at least 10 hours of sleep. During sleep, the brain shifts what was learned during the day into memory.

Uninterrupted sleep is important. A small amount of sleep loss - even 15 minutes- affects school performance. When children do not get enough sleep, unlike adults who act sleepy, children exhibit hyperactivity.

Important Websites to visit:

- <http://www.parentingsuccessnetwork.org/>
- <http://www.incredibleyears.com/>
- <http://csefel.vanderbilt.edu/resources/family.html>
- <http://www.starfall.com/>
- <http://www.albanypubliclibrary.org/>
- <http://www.loveandlogic.com/>

**Read, Read, Read
to your child.**

Greater Albany Public Schools

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Kindergarten Readiness

Parents often ask, "What are the skills my child needs in order to be ready for kindergarten?"



This is what you can do to help your child to be ready for kindergarten.

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Reading to your child is the single most important activity you can do to prepare your child for kindergarten.

Reading to your child daily will help accomplish most of the skills below.



Reading and Speaking Skills

Read Together Every Day.

- As you read, discuss the details of the story.
- Ask what the characters say and do and why?
- When reading to your child, follow the words with your finger and have your child turn the pages.
- Reread favorite stories many times.
- Attend free story times at the Public Library.



Start Using Letters

- Help your child recognize some letters (lowercase are more important than capital letters).
- Start with the letters in their own name.
- Let your child point out and name different letters after you finish reading to them each day.

Communication

- Have them practice speaking in complete sentences. ("Mommy, I would like a drink." "May I go outside and play?")
- Remind them to look at the person who is speaking.
- Have them follow two-step directions and repeat the directions back to you.

Math Skills

- Identify numbers 0-5.
- Count to 10.
- Have your child touch objects as he/she counts.
- Identify simple shapes (circles, squares, rectangles, and triangles).
- Sort and group objects (socks, pants, shirts, forks and spoons).
- Help your child learn how to solve problems positively. Ask him/her for ideas when there are only two swings for three children.

Physical Skills

- Use a spoon and fork correctly.
- Dress by themselves (button and zip).
- Pulling caps off markers and replacing them firmly to strengthen their finger grip.
- Play with play dough and squeeze balls to strengthen hand muscles.
- Practice using scissors. (thumb up and elbow down) Examples: Help cut out coupons or pictures out of magazines.
- Hold writing tools with fingers instead of a fist.
- Walk, run, hop, gallop, and jump.
- Throw, catch, kick, and bounce a ball.

Social and Emotional Skills

- Learn to share and take turns.
- Teach wait time. Examples: waiting for an adult to finish speaking, waiting for a child to finish playing with a toy.
- Model and teach kind words and manners. (Please. Thank you. No thank you. Excuse me. I'm sorry.)
- Teach rules and simple routines such as bathroom, meal time, and bedtime. (Wash your hands before eating and after using the bathroom.)
- Teach your child how to be responsible for themselves by cleaning up their area and correctly putting away toys and materials after play.
- Interact with peers to play and work cooperatively.
- Use words to express own feelings.
- Use words to solve a problem (not by grabbing, hitting, crying).
- Teach your child to ask for help. Have them learn to use the word "help" in their sentence so the adult knows they need assistance.

