

All by myself I:

- ~ Put on my coat
- ~ Take off my coat
- ~ Go to the bathroom
- ~ Wash my hands
- ~ Put on and fasten my shoes



With a friend I:

- ~ Talk and listen
- ~ Share
- ~ Play and have fun



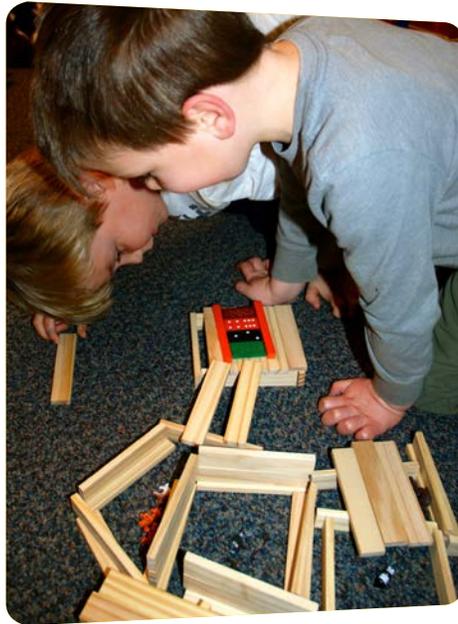
With an adult I:

- ~ Share stories, songs and rhymes
- ~ Explore my neighbourhood
- ~ Learn and understand new words
- ~ Look for letters and numbers around me
- ~ Have fun counting things in my world
- ~ Have fun imagining and creating
- ~ Talk about how I am feeling
- ~ Share in the family chores
- ~ Learn all about my name
- ~ Play games



The North Vancouver School District is honoured and proud to partner with parents and our community to educate North Shore children. We recognize that education begins long before students enter kindergarten and endeavor to work in collaboration with early childhood educators and parents in our community to ensure that North Vancouver children are given every opportunity to thrive. Together we support children to learn and grow.

*Mark Pearmain
Superintendent
North Vancouver School District*




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Ready, Set, Go...

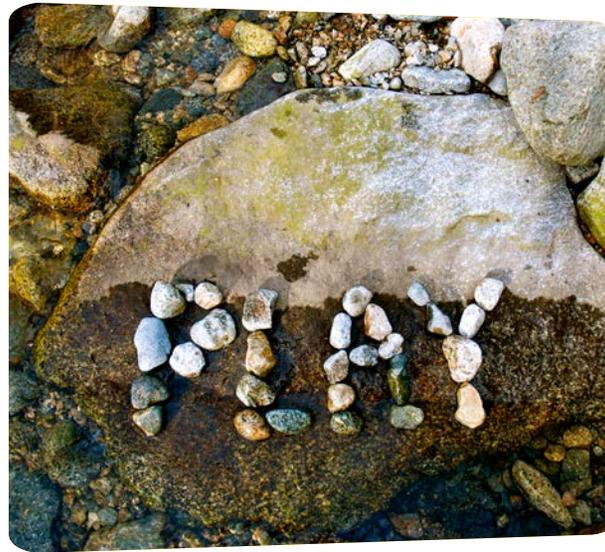


I'm off to Kindergarten!

Your child's confidence in personal care is essential for a successful experience in a full day of Kindergarten. Independence in bathroom routines, eating lunch and dressing for outdoor activities are necessary skills for participating in a large community of children. Having a sense of how one is feeling helps a child find ways to self regulate. Your child will achieve this readiness by your teaching and reinforcement.

Nurture Independence

- ~ Provide opportunities for your child to use public washroom facilities. This will be a new experience for your child, and something he/she should initially encounter with you.
- ~ Sit down and eat lunch with your child. Practice using a lunch kit, and familiarize your child with opening and closing the packaging you are going to provide daily.
- ~ Encourage your child to dress independently for outside play, including putting on and fastening shoes. Provide your child with a style of shoe that he/she is able to keep fastened.
- ~ Ensure that your child has experienced the care of other trusted adults for extended periods of time.
- ~ Take opportunities to help your child recognize and label his/her feelings.



"If a child is to keep alive his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement and mystery of the world we live in."

The Sense of Wonder (Rachel Carson, 1956)

Encourage Interaction

- ~ Arrange play opportunities for your child with other children. In playing together, children practice what life will be like and develop language.
- ~ Introduce your child and playmates to a variety of settings, particularly outdoors - backyards, beaches, parks and natural trails. Encourage running, jumping and climbing... activities where children can stretch and test their bodies.
- ~ Help your child understand sharing; it is an important social skill. Interacting with others in cooperative play allows your child to develop a sense of self in relationships.

Support Learning

- ~ Explore, discover, and be curious with your child. "Walk and talk" in all kinds of weather. Consciously observe your neighbourhood, for things that stay the same and things that change. Wonder aloud together.
- ~ Play with new vocabulary together. Take every opportunity to learn new words - names of people, places, and things... feeling words, position words... colours and shapes.
- ~ Share stories, songs and rhymes throughout each day. Rhythm, rhyme, repetition and the sound of your voice are mesmerizing for young ears. Repeating a favourite little chorus will help your child create visual images for remembering.
- ~ Count anything and everything. Play outdoor counting games. Be positive and have fun with numbers and concepts.
- ~ Play interactive board games or card games for short periods of time. Introduce your child to different conversation skills through game language.
- ~ Have fun creating with a variety of materials on different surfaces - with blocks and boxes, with sticks and rocks, with chalk on a sidewalk.
- ~ Celebrate your child's name in print! Invite opportunities for your child to recognize it, decorate it, learn the letters and find those special letters in other places. These are exciting steps in early literacy. Personalizing alphabet experiences will nurture a love of learning in your child.