

# Getting Ready for Kindergarten at Upper Lynn Elementary!



## How Parents Can Help Prepare Their Child for Kindergarten

Starting Kindergarten is an exciting milestone, but it can also create feelings of anxiousness for children and parents. This handout outlines some simple skills that can be worked on at home to help with these feelings.

We recognize each child is unique and at a different place with their learning. While we encourage you to work on these skills, we are prepared and excited to meet your child where they are and help them on their learning journey.

Preparing your child to be more independent will help your child's school days go smoother, make it easier for them to concentrate on learning, and ensure they have a lot of fun!

### Your child will be best prepared for school if they can:

- ☐ Follow simple directions
- ☐ Use a pencil and crayons to draw and write some letters
- ☐ Use scissors safely
- ☐ Say "please", "thank you" and "excuse me" at logical times
- ☐ Listen quietly to a story without interrupting
- ☐ Share and take turns with others
- ☐ Listen while others are speaking
- ☐ Respect the property and personal space of others
- ☐ Play respectfully with others
- ☐ Walk up and down stairs on alternating feet

### Hygiene- washing • toileting • nose blowing

#### All by myself, I can:

- ☐ Go to a new bathroom without feeling scared
- ☐ Unzip and zip my pants, take down and pull up my tights, unbuckle and buckle my belt, fasten and unfasten buttons
- ☐ Wipe myself correctly as needed
- ☐ Push down a toilet lever
- ☐ Push a soap dispenser
- ☐ Wash and dry my hands
- ☐ Cover my mouth with the inside of my elbow when I cough or sneeze
- ☐ Blow my nose and put the tissue in the garbage
- ☐ Change into a new set of clothes independently

### Clothing- coats • backpacks • shoes

#### All by myself, I can:

- ☐ Carry my own backpack
- ☐ Hang up my outdoor clothes
- ☐ Put in and take out objects from my bag
- ☐ Zip and unzip or buckle and unbuckle my bag fastenings
- ☐ Put on and take off my shoes on the correct feet
- ☐ Put on and do up my own shoes (Velcro, slip on, or zippers preferred)
- ☐ Put on and take off my own jacket / rain pants

### Eating- manners • choices • containers

#### All by myself, I can:

- ☐ Open and close my snack bag (Ziplock or other)
- ☐ Open and close all of my food containers
- ☐ Use a fork and spoon
- ☐ Eat my healthy choices first
- ☐ Peel my orange or banana and eat apples and other fruit
- ☐ Remember not to eat and talk at the same time
- ☐ Wipe up small spills
- ☐ Open and close my own spill-proof water bottle
- ☐ Drink from my own spill-proof water bottle