

GETTING READY FOR KINDERGARTEN!

STARTING KINDERGARTEN IS AN EXCITING TIME FOR YOU AND YOUR CHILD:

Children start kindergarten in the year they turn five. We know young children learn best when they feel safe and secure. You can help by doing lots of fun and engaging activities with your child. Play is the way young children learn best.

What you can do:

- Before the school year begins, book a check up for your child with your family doctor, dentist, and optometrist
- Make time to play together
- Talk to your child in your first language as well as in English
- Talk together while you go about doing daily chores
- Count anything and everything- fingers, toes, stairs, toys
- Read magazines, nursery rhymes, counting, alphabet, factual and picture books
- Visit the library, community centre, Family Place or StrongStart
- Draw pictures together using crayons, markers, or chalk
- Go outside and enjoy nature, rain or shine
- Provide time to run, jump, skip, throw and catch balls, ride bikes, swim, sing, dance, skate, climb, swing, and more to promote fitness and fun

What your child can do:

Children at this age are becoming more independent and learning how to be responsible. Most children can:

- Dress by themselves, but may need help with zippers
- Use the washroom by themselves and wash their hands using soap and warm water
- Brush or comb their hair
- Put their toys away
- Help with family chores such as setting the table or making the bed
- Help get their snack and lunch ready
- Hang up their coat and backpack by themselves

Healthy routines:

When your child begins Kindergarten, everyone in the family can help make sure the transition from home to school goes smoothly. These suggested tips are to help you and your child develop routines and healthy habits.

- Establish a regular bedtime routine that includes lots of cuddles and story time. Children need 8 to 10 hours of sleep
- Have a snack, lunch and the next day's clothes ready the night before
- Talk about your child's day at school during family meals
- Limit sweet treats for special occasions. Have your child drink water rather than juice
- Make time for physical activity
- Keep after school activities to a minimum
- Limit television and computer games
- Encourage imaginative play. Play games where taking turns is required



- Teach your child to obey safety rules for car travel (use booster seat), sports (wear helmet) and walking (obey road signs and use crosswalks)

Before Kindergarten starts:

Your child will be excited and may be a bit anxious in the few weeks leading up to Kindergarten. The following suggestions will help make this transition more successful.

- Visit the school playground and park; walk around the school and find the Kindergarten classroom
- Attend your child's Kindergarten orientation
- Try to arrange play dates with other children
- Choose a backpack that is large enough to hold a lunch, but small enough to fit comfortably on your child's back
- Choose shoes that your child can do up by himself
- Rubber soled shoes are worn in the gym
- Label all your child's belongings with their name
- A few days before school starts, begin practicing your school routine by getting up early, eating breakfast, and getting dressed
- Let your child know who will be taking them to school and who will be picking them up. Be on time
- Let the school know if your child has any medical conditions including food allergies
- Be enthusiastic about school and keep your comments general
- Your child may be tired after attending full day kindergarten. It takes time to adjust to a new routine; your child may need a nap or quiet time after school

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Kindergarten information:

All Richmond schools will be providing full-day Kindergarten by September 2011. Children who turn 5 on or before December 31st are eligible to enter Kindergarten. Registration begins in January.

Proof of age, citizenship, and residency are required. For more information regarding registration, please refer to the Richmond School District website: www.sd38.bc.ca

Will your child require extra support in Kindergarten?

In Richmond all children can attend Kindergarten. If your child requires additional medical assistance or extra support in school, please call a public health nurse for a referral to support services. It is important to do this early to ensure a successful transition into Kindergarten.

Call 604-233-3150 to speak to a public health nurse or call 604-279-7016 for more information about the Supported Child Development Program.

