



Parents, Guardians, Caregivers:

Transitioning to kindergarten is an important milestone in a child's life that can be both exciting and stressful for families. Attached you will find resources to support the transition to kindergarten for your preschool child(ren). We hope these resources are useful to you as you enjoy this additional time together at home and throughout the summer months.

For information about school registration for the fall, please visit <https://www.asdk12.org/site/Default.aspx?PageID=3298>.

Thank you!

**ASD Preschool**

# 10 Ways to Get Ready For Kindergarten

1. Create a routine over the summer. Set a bedtime (8 p.m. is great!) and stick to it.
2. Have your child practice writing his/her first name or practice writing uppercase letters.
3. Use counting in daily activities. Count how many steps it takes to get to the mailbox or the park. Count out fruit, napkins, cups, etc.
4. Take your child with you to the grocery store, post office, and library. Talk with him/her about what he/she is seeing, hearing, and touching. It's all part of learning.
5. Visit your local library and help your child get a free library card. Then use the card to visit the library each week and borrow a book.  
Talk about the books you read. Ask questions like:
  - What was your favorite part of the story?
  - Which part did you like the least?
  - Throughout the story ask your child what he/she thinks will happen next and why.
6. Let your child practice independence by allowing him/her to make certain choices ("Do you want an apple or a banana?") and by encouraging him/her to try new things. Encourage problem solving!
7. Set a limit to the amount of screen time for your child. One hour or less per day is recommended.
8. Prepare a "study spot" for your child and supply it with crayons, paper, scissors, and other kindergarten "tools." Set aside time each day for your child to draw or write there. Once school starts, this can become the time and place where your child does his/her homework.
9. Help your child know or be able to do the following before he/she enters kindergarten:
  - Know name, address, and telephone number
  - Use the bathroom independently and button and zip clothes
  - Share and play with other children. This will help your child adjust to the new kindergarten setting
10. Read, read, read (in any language)!



**Anchorage School District**  
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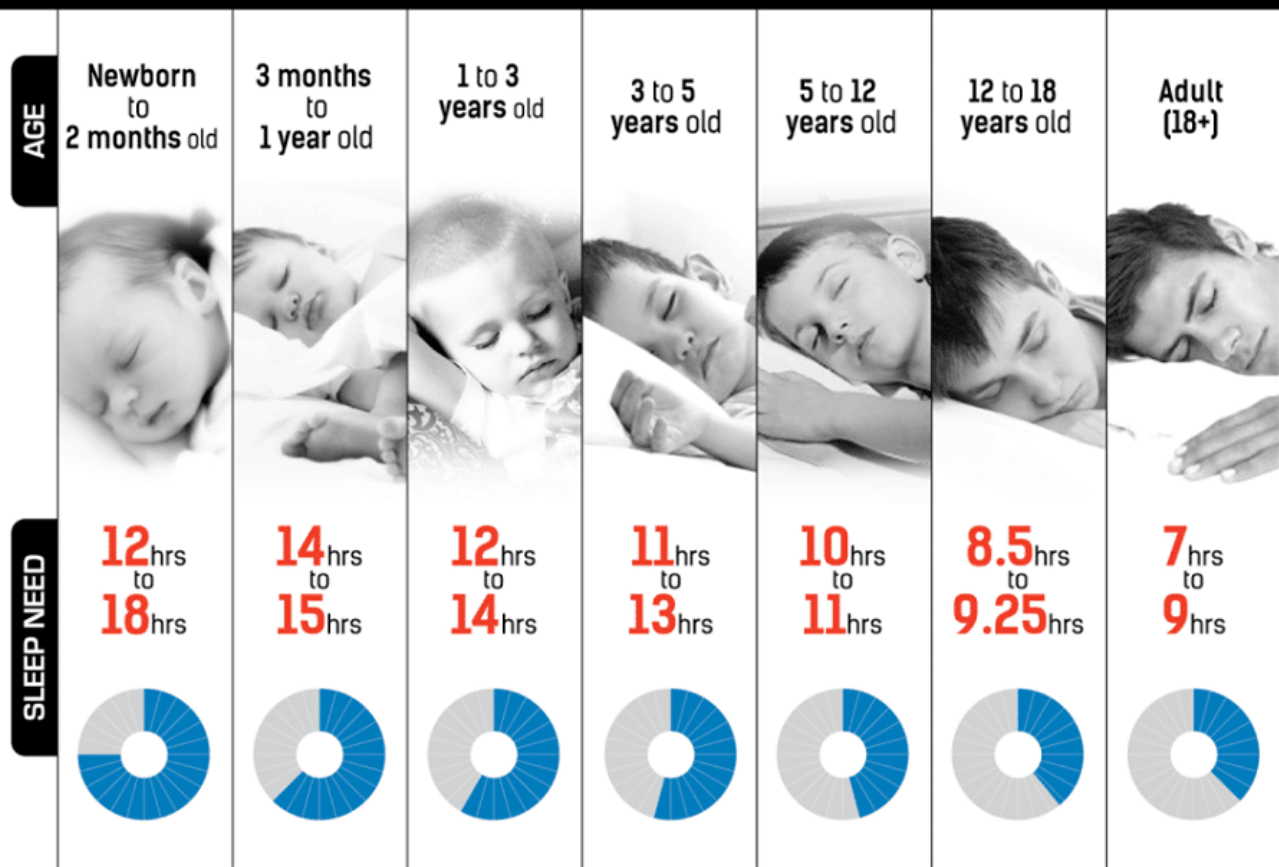


@asd\_info @DrDeenaBishop



@anchorageschooldistrict

# HOW MUCH SLEEP DO YOU REALLY NEED?



AGE	Wake-up time						
	6:00AM	6:15AM	6:30AM	6:45AM	7:00AM	7:15AM	7:30AM
	Bed time						
5	6:45PM	7:00PM	7:15PM	7:30PM	7:30PM	8:00PM	8:15PM
6	7:00PM	7:15PM	7:30PM	7:30PM	8:00PM	8:15PM	8:30PM
7	7:15PM	7:15PM	7:30PM	8:00PM	8:15PM	8:30PM	8:45PM
8	7:30PM	7:30PM	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM
9	7:30PM	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM
10	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM
11	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM	9:45PM
12	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM	9:45PM

# Attendance

## in the early grades

Many of our youngest students miss 10 percent of the school year—about 18 days a year or just two days every month. Chronic absenteeism in kindergarten, and even preK, can predict lower test scores, poor attendance and retention in later grades, especially if the problem persists for more than a year. Do you know how many young children are chronically absent in your school or community?

### Who is affected

Kindergarten and 1st grade classes often have absenteeism rates as high as those in high school. Many of these absences are excused, but they still add up to lost time in the classroom.

1 in 10 kids

in kindergarten and 1st grade are chronically absent. In some schools, it's as high as 1 in 4.<sup>1</sup>



2 in 10 low-income kids

miss too much school. They're also more likely to suffer academically.<sup>1</sup>



2.5 in 10 homeless kids

are chronically absent.<sup>2</sup>



4 in 10 transient kids

miss too much school when families move.<sup>2</sup>

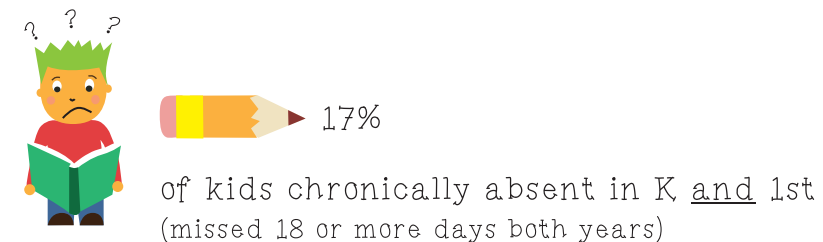
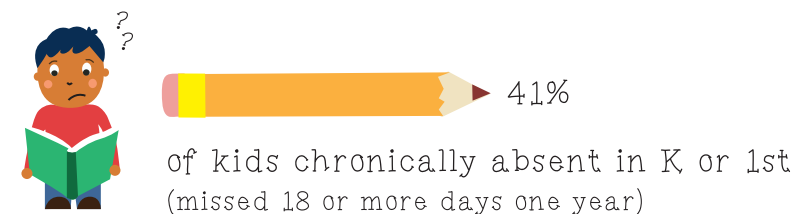
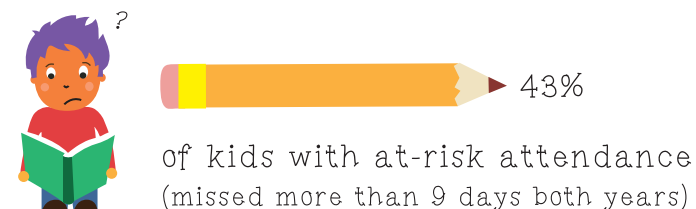


### Why it matters

If children don't show up for school regularly, they miss out on fundamental reading and math skills and the chance to build a habit of good attendance that will carry them into college and careers.

Preliminary data from a California study found that children who were chronically absent in kindergarten and 1st grade were far less likely to read proficiently at the end of 3rd grade.

Who Can Read on Grade Level After 3rd Grade?<sup>3</sup>



### What families can do



**Find out what day school starts** and make sure your child has the required shots.

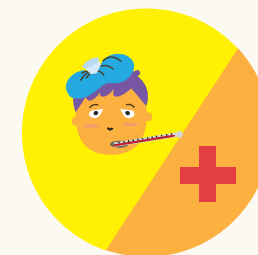
**Build regular routines** for bed time and the morning.

**Talk about the importance of regular attendance** and about how your child feels about school.



**Don't permit missing school** unless your child is truly sick. Use a thermometer to check for a fever. Remember that stomach aches and headaches may be signs of anxiety.

**Avoid medical appointments and extended trips** when school is in session.



**Keep a chart** recording your child's attendance at home. At the end of the week, talk with your child about what you see.

**Develop back up plans** for getting to school if something comes up. Ask a family member, neighbor or another parent for help



**Seek support** from school staff or community groups to help with transportation, health problems, or no safe path to school.

<sup>1</sup> Chang, Hedy; Romero, Mariajose, Present, *Engaged and Accounted For: The Critical Importance of Addressing Chronic Absence in the Early Grades*, National Center for Children in Poverty: NY: NY, September 2008.

<sup>2</sup> *Chronic Absence in Utah*, Utah Education Policy Center at the University of Utah, 2012.

<sup>3</sup> *Attendance in Early Elementary Grades: Association with Student Characteristics, School Readiness and Third Grade Outcomes*, Applied Survey Research, May 2011.

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## *What should I know about transitioning a preschooler with special needs?*

If your child has special needs, you may have additional decisions to make about the length of your child's school day, different school sites, or program types. It is important to begin working with the school team as early as possible so that everyone, especially your child, feels comfortable with all the changes that will occur.

For incoming kindergartners with special needs, the federal special education law (i.e., the Individuals with Disabilities Education Act) allows the school team to develop either an Individual Family Service Plan (IFSP) or an Individualized Education Plan (IEP). However, no matter which plan your child has, it should be appropriate for a kindergarten-aged child rather than for a preschooler.

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## **Resources**

### **Books**

*Mrs. Bindergarten Gets Ready for Kindergarten.*  
Joseph Slate, Ashley Wolff.

*The Night Before Kindergarten.*  
Natasha Wing, Julie Durrell.

*Look Out Kindergarten, Here I Come!*  
Nancy Carlson.

*What Do We Say? What Do We Do? Vital Solutions for Children's Educational Success and Creating Positive Home School Connections.*  
Dorothy Rich.

### **Online resources**

"Top 10 Signs of a Good Kindergarten"  
[www.naeyc.org](http://www.naeyc.org)

"Tools You Can Use"  
[www.nea.org/parents/tools/index.html](http://www.nea.org/parents/tools/index.html)

### **Organizations**

National Education Association  
[www.nea.org](http://www.nea.org)

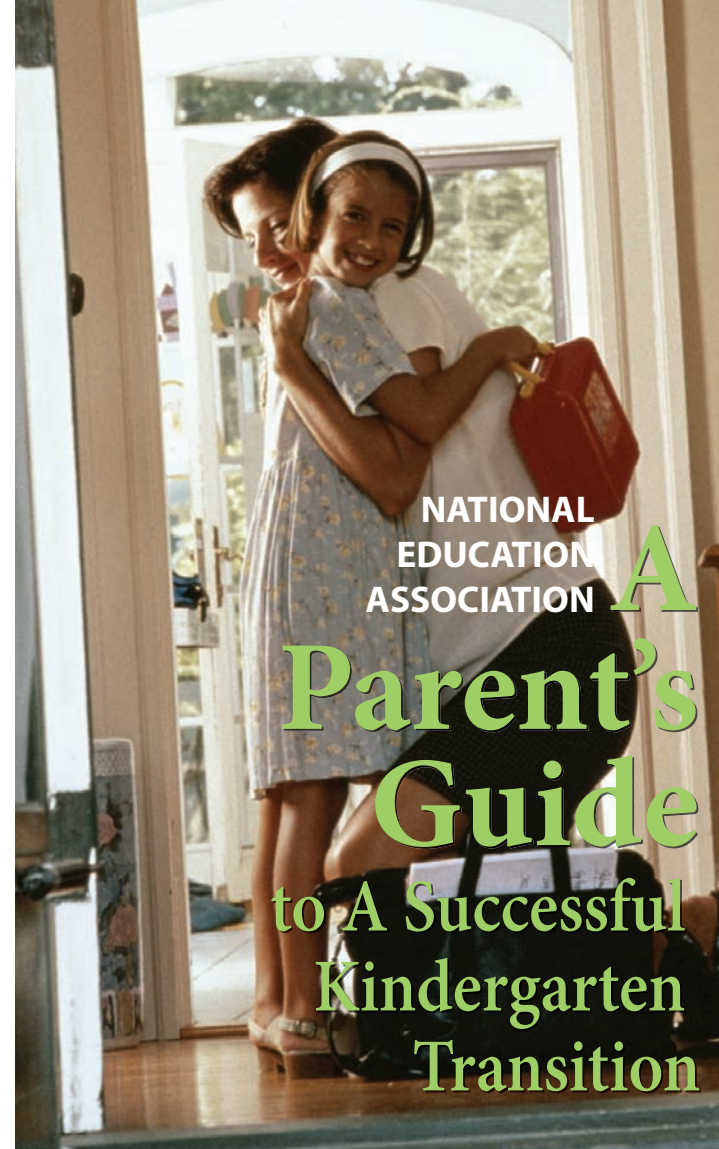
National PTA  
[www.pta.org](http://www.pta.org)



*Great Public Schools for Every Child*

1201 16th St., NW  
Washington, D.C. 20036-3290  
(800) 717-9790  
[www.nea.org/parents](http://www.nea.org/parents)

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*This guide was developed to provide parents with information they can use to help their preschooler transition to kindergarten.*



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## Today's kindergarten

Kindergarten classrooms of today hardly resemble those of your childhood memories. Today's kindergarten classrooms have high expectations for children's academic achievement, social skills, and independence. Parents should also have high expectations for their child's kindergarten program.

### Good kindergarten programs:

- Support and encourage all children, regardless of prior preschool experience, culture, language, ability, or disability.
- Use teaching practices that are challenging but appropriate for kindergarten-aged children.
- Encourage children's enthusiasm about learning.
- Provide a balanced curriculum with activities in language arts, mathematics, science, social studies, art, and physical education.
- Invite parents to participate in their child's education.

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## What can I do to prepare?

Having a child entering kindergarten can be a time of excitement and stress for parents. Planning ahead will make this time less stressful for you and your child. **To get ready for your child to enter kindergarten you should:**

- Decide which kindergarten program your child will attend.
- Request an enrollment packet from the school—notice the important dates and deadlines.
- Schedule an appointment with your child's pediatrician to make sure that his or her immunizations and health screenings are up-to-date.
- Give your child's current preschool program permission to share documents and information with the new school.
- Attend an open house or schedule a tour of your child's new school before school starts.
- Meet your child's new teacher and share your ideas about your child's interests, strengths and any areas of concern.

- Find out how you can become involved in your child's classroom, school committees, and the PTA.

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## What can I do to prepare my child?

Kindergarten will be a time of many changes for your child. He or she will have to adjust to new teachers, new children, new schedules, and routines. Having a successful entry into kindergarten will help your child have a positive attitude about school and learning. **To get your child ready for kindergarten, you should:**

- Read books about starting kindergarten.
- Talk enthusiastically with your child about starting kindergarten.
- Reassure your child's feelings of anxiety or fear.
- Plan for your child to visit his or her new school.
- Tell your child about the kinds of work he or she will be doing in kindergarten.
- Talk about and practice new routines.
- Spend extra time on the first day of school but do not "drag out" saying good-bye.



# TIPS | for parents of Preschoolers

Read early and read often. The early years are critical to developing a lifelong love of reading. It's never too early to begin reading to your child! The tips below offer some fun ways you can help your child become a happy and confident reader. Try a new tip each week. See what works best for your child.

■ **Read together every day.**

Read to your child every day. Make this a warm and loving time when the two of you can cuddle close.

■ **Give everything a name.**

Build your child's vocabulary by talking about interesting words and objects. For example, "Look at that airplane! Those are the wings of the plane. Why do you think they are called wings?"

■ **Say how much you enjoy reading.**

Tell your child how much you enjoy reading with him or her. Talk about "story time" as the favorite part of your day.

■ **Read with fun in your voice.**

Read to your child with humor and expression. Use different voices. Ham it up!

■ **Know when to stop.**

Put the book away for awhile if your child loses interest or is having trouble paying attention.

■ **Be interactive.**

Discuss what's happening in the book, point out things on the page, and ask questions.

■ **Read it again and again.**

Go ahead and read your child's favorite book for the 100th time!

■ **Talk about writing, too.**

Mention to your child how we read from left to right and how words are separated by spaces.

■ **Point out print everywhere.**

Talk about the written words you see in the world around you. Ask your child to find a new word on each outing.

■ **Get your child evaluated.**

Please be sure to see your child's pediatrician or teacher as soon as possible if you have concerns about your child's language development, hearing, or sight.

Visit [www.ReadingRockets.org](http://www.ReadingRockets.org) for more information on how you can launch a child into a bright future through reading.



## Back-to-School: Tips for Parents of Children with Special Needs

A new school year means a new grade, new teachers, new goals, and maybe even a new school! In order to help you and your child with special needs be as successful as you can be, we've put together a list of eight helpful back-to-school tips that we hope will make the transition into a new school year a little easier for you and your child.

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### 1. Organize all that paperwork

In the world of special education, there are lots of meetings, paperwork, and documentation to keep track of. Try to keep a family calendar of school events, special education meetings, conferences, etc. Setting up a binder or folder to keep your child's special education documentation, meeting notices, and IEPs in sequential order can also help you stay organized.

### 2. Start a communication log

Keeping track of all phone calls, e-mails, notes home, meetings, and conferences is important. Create a "communication log" for yourself in a notebook that is easily accessible. Be sure to note the dates, times, and nature of the communications you have.

### 3. Review your child's current IEP

The IEP is the cornerstone of your child's educational program, so it's important that you have a clear understanding of it. Note when the IEP expires and if your child is up for reevaluation this year. Most importantly, be sure that this IEP still "fits" your child's needs! If you're unsure, contact the school about holding an IEP review meeting.

### 4. Relieve back-to-school jitters

Just talking about the upcoming year and changes can help reduce some of that back-to-school anxiety! Talk to your child about exciting new classes, activities, and events that they can participate in during the new school year. If attending a new school, try to schedule a visit before the first day. With older students, it is sometimes helpful to explain the services and accommodations in their IEP so that they know what to expect when school begins.

### 5. Keep everyone informed

It's important that you and the school communicate early and often! If there is anything (concerns, changes, questions about the IEP) that you feel is important to share with the staff working with your child before school starts, or during the year, don't hesitate to contact them! The more proactive and honest you are, the better the school staff will be able to meet your child's needs.

### 6. Establish before and after school routines

Discuss and plan the changes in you and your child's daily routine that will happen once school starts. You can even begin practicing your new schedule, focusing on morning and evening routines, and begin implementing them well in advance of the first day of school.

### 7. Stay up-to-date on special education news

Being knowledgeable about your child's IEP and their disability can help you become a better advocate for your child. Try to keep up-to-date on new special education legislation, news, and events. The more you know, the more prepared you will be to navigate the world of special education and successfully advocate for your child!

### 8. Attend school events

Take advantage of Open House, Back-to-School Night, and parent-teacher conferences to help you and your child get a feel for the school and meet the teachers, other staff, students, and families. Share the positives about working with your child, and let the teacher know about changes, events, or IEP concerns that should be considered for children in special education.

For more information about starting the year off right, visit Reading Rockets' back to school section:  
<http://www.readingrockets.org/calendar/backtoschool>



**RESOURCES** For more information on how to help prepare your child for kindergarten please check the following resources available free of charge online.

***Transitioning to Kindergarten: A Toolkit for Early Childhood Educators***

[www.getreadytoread.org/content/view/261/](http://www.getreadytoread.org/content/view/261/)

***Transition to Kindergarten***

<http://cfs.cbcs.usf.edu/resource-centers/fcpi>

***Terrific Transitions: Supporting Children's Transition to Kindergarten*** (family and parent pages)

[www.serve.org/TT/fp\\_tips.html](http://www.serve.org/TT/fp_tips.html)

***Everyday Times***

[www.poweroftheordinary.org/et/index.php](http://www.poweroftheordinary.org/et/index.php)

***Getting Ready!***

[www.gettingready.org](http://www.gettingready.org)

If you don't have internet access or a computer, your local public library can help you print these documents for a minimal charge.

For parent activity booklets for use with infants, toddlers, and preschoolers contact the Alaska Department of Education & Early Development.



<http://education.alaska.gov/blueprint/>  
801 West 10th Street, Suite 200  
PO Box 110500 • Juneau, AK 99811-0500  
907.465.2800 • 907.465.4156 fax



Preparing your child  
for kindergarten  
begins in the home

***I am ready!***  
ready to learn ready to read ready for school

When it comes to learning, home is one of the best places to start. Young children learn through active involvement with people they love and trust. **That's family.** They also learn when they are healthy, safe and living in a strong community. **That's home.**

## Play with your child...

...provide experiences between you and your child

## Talk with your child...

...talk and listen carefully to your child

## Dance with your child...

...help identify body parts

## Explore with your child...

...help count objects while playing

## Sing with your child...

...sing and play rhyming games

## Read with your child...

...read books daily that are interesting to your child

## Create with your child...

...provide paper, pencils, and crayons to draw and write

## Learn with your child...

...allow your child to perform tasks on his/her own

**Simple**  
home activities  
you can do  
together  
that help your  
child prepare for  
kindergarten



Create a  
safe and  
healthy  
place to  
grow and  
learn

*I am ready*  
because I can...

- listen attentively and respond to stories and books
- write using drawings and some letters/numbers and share what I have written
- identify and name at least four basic shapes and tell why they are the shape they are
- identify numbers 0 to 10 and match a set of objects to the correct number
- sort objects by at least two attributes (color, shape, or size)
- count objects, group objects, and count groups
- express my wants and needs, follow directions, simple rules and routines, and control my impulses
- dress myself and manage my own bathroom needs
- write my own name using a pencil, marker, or crayon, appropriately
- put together ten- to twelve-piece puzzles

1 2 3 4 5

# Early Math for your preschool child

Learning about numbers before entering kindergarten can boost a child's success in math in later years.

## Measurement and data tips

1. Ask your child to estimate distances. For example, how many steps from the bathroom to the bedroom? How many cups of water to fill this bowl?
2. Discuss measures informally. For example, tell your child things like, "The store is five miles from home" or "This bag weighs three pounds." Ask your child to estimate other distances and measurements.
3. Group objects by like characteristics (attributes). For example, putting all the red blocks together. Help your child sort items by shape, size or color. Compare the numbers in each grouping.
4. Make a grocery list and organize it different ways (cold/not cold, foods/non-food).



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(907) 742-4430 fax  
[www.asdk12.org/preschool](http://www.asdk12.org/preschool)

This brochure was printed using Title I funds.





Children learn by talking to and playing with their parents. Use daily activities as opportunities to introduce your child to mathematical concepts in an informal, fun way.

## The importance of numbers for your preschool child

Children naturally love numbers. They learn about numbers through their daily play. The more they explore with counting, numbers and shapes the more prepared they will be for kindergarten. Here are some tips.

1. Saying the sequence of numbers (one, two, three...) up to 20.
2. Counting objects up to 10 and answering, "how many?"
3. Comparing objects to say which is bigger or smaller, longer or shorter, lighter or heavier.
4. Identifying the position of objects by using words like beside, inside, next to, above and below.
5. Naming and describing shapes.



## Counting tips

1. Count in sequence for fun while driving or getting ready for school. Children will often skip a number, which is normal.
2. Count objects for a purpose, such as napkins for the dinner table or cups when making a recipe. This will give meaning to the number name.
3. Read counting books and count objects on the page to match the number.
4. Tell a story while using objects to represent numbers.
5. Play simple board games that require moving a number of spaces forward or backward.

## Geometry tips

- Discuss shapes in your environment: Say things like, "A cylinder is like the shape of this can" or "The picture is the shape of a rectangle." Then ask your child to find something that is shaped like a rectangle.
- ▲ Draw a picture using simple shapes and discuss the shapes. Later, make a simple picture from three shapes and show it to your child. Ask your child to draw the picture after you hide it. Compare the two and discuss the locations of the objects.



## Anchorage Summer Opportunities for Kids

Summer Camps and Activities:

[https://alaskaparent.com/\\_pages/guides/camps.html](https://alaskaparent.com/_pages/guides/camps.html)

Summer Camp Guide

<https://www.adn.com/summer-camps/>

Municipality of Anchorage Activity Guide

<https://www.muni.org/Departments/parks/Pages/ActivityGuide.aspx>

Activity Hero: Summer camps and activities for kids

<https://www.activityhero.com/in/anchorage-ak>

Camp Fire Summer Programs

<https://www.campfireak.org/program/summer/>

Summer Programs for Kids at the Alaska Public Lands Center

<https://www.alaskacenters.gov/visitors-centers/anchorage/summer-programs>

Anchorage Summer Camps

<http://www.anchoragesummercamps.com/>

500 Things for Kids to do in Anchorage

<https://www.facebook.com/500-things-for-Kids-to-do-in-Anchorage-115767965111291/>

Summer Day Camps at the YMCA

<http://www.ymcaalaska.org/camps/summer-day-camps/>

Summer Camp at the Dome

<https://thedome.us/summer-camp/>

Alaska Club Camps

<https://www.thealaskaclub.com/camps>

Rock Gym Summer Camps

<http://www.alaskarockgym.com/programs/summer-camp>

Anchorage Matsu Tiny Trekkers Facebook page

Moms Pops and Tots at Campbell Creek Science Center

<https://www.blm.gov/basic/learn-interpretive-centers-campbell-creek-science-center-moms-pops-and-tots>

True North Church Park Parties and free soccer camps

City Libraries: Mid town, Mt. View and Muldoon

<http://www.anchoragelibrary.org/events/events-for/kids/>

Anchorage with Kids Facebook: monthly calendars-day of the week and special events

<https://www.facebook.com/AnchorageWithKids/>

Discovery Center: Every first Friday of the month free admission

<https://www.anchoragemuseum.org/about-us/museum-spaces/discovery-center/>