

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)!



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