
LEAPING INTO KINDERGARTEN

A Resource for Kindergarten Parents/Caregivers



LETHBRIDGE SCHOOL DIVISION

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Dear Kindergarten Parents/Caregivers:

The purpose of this resource is to provide you with some tips to help your child make a smooth transition into the exciting world of Kindergarten. The information contained in this resource has been prepared by Kindergarten teachers and is designed to help your child succeed both academically and socially.

What will my child learn in Kindergarten?

The Alberta Kindergarten Program is based upon the following beliefs:

- *Children develop at different rates and Kindergarten provides learning experiences that meet individual needs.*
- *Young children are naturally curious and eager to learn, and they benefit from developing positive relationships with others, including children of their own age.*
- *Parents are their children's first and most important teachers.*

(Alberta Education)

For more information, check out the New Learn Alberta website using the link below or contact your school's Kindergarten teacher.

[New LearnAlberta | Kindergarten](#)

[Kindergarten at a Glance](#)

THIS RESOURCE WAS PREPARED FOR YOU BY A GROUP OF TEACHERS AND CONSULTANTS.

~2018~



Your child will develop skills in the following areas:

EARLY LITERACY
EARLY NUMERACY
CITIZENSHIP AND IDENTITY
ENVIRONMENT AND COMMUNITY AWARENESS
PERSONAL AND SOCIAL RESPONSIBILITY
PHYSICAL SKILLS AND WELL-BEING
CREATIVE EXPRESSION

What the Students Say...

What did you learn in Kindergarten?

- *You learn how to paint and build.*
- *You learn how to play safely and work.*
- *You learn how to grow plants.*
- *You learn about letter Xx – it's so easy to make!*
- *You learn lots of stuff like words and colours.*
- *You learn how to do music.*
- *You learn about counting and that alphabet stuff.*
- *You learn how long two minutes is!*

Preparing for the First Day of Kindergarten

There are a number of things that you, as Kindergarten parents and caregivers, can do to help your child succeed. Here are some helpful hints:

- Practice walking to school or to the bus stop.
- If your child will be taking the bus, make sure you spend some time going over bus safety. Why not take a few bus rides too?
- Practise a bedtime and wake-up schedule a few weeks before school starts.
- Talk about what your child may do in Kindergarten.

What the Students Say...

What do you need to know before you come to Kindergarten?

- *You should know how to listen. (Nicole)*
- *You should know how to play safety with other kids. (Kierra)*
- *You should know how to spell your name. (Rylan)*
- *You should know how to drink out of your snack cup, I think. (Nick)*



What the Students Say...

What would you tell a child who is going to start Kindergarten?

- *I would tell them it is okay to tell the teacher things. (Nicole)*
- *I would say that it's so much fun! (Hayley)*
- *I would tell them that you learn how to learn. (Veronica)*
- *I would say don't forget your backpack. (Hayden)*

Frequently Asked Questions

How can I help my child learn basic skills needed for Kindergarten?

READING AND WRITING

- Take every opportunity to point out letters and sounds (e.g., letters in the newspaper or in the community).
- Read to your child daily.
- Talk with your child.
- Help your child make letters to play with (e.g., play dough letters)
- Expose your child to all kinds of children's books (e.g., picture books, fairy tale books)
- Encourage your child to talk about what they are doing.

MATHEMATICS

- Play Bingo and Dominoes.
- Play "store".
- Create a telephone book with pictures beside each phone number.
- Practise using a toy phone to "call" people.
- Practise counting things to 10.
- Take opportunities to notice numbers around the house and in the community.
- Point out patterns (e.g., patterns on a checkerboard, patterns in wallpaper or in fabric).

SCIENCE

- Have your child help you with a recipe (e.g., measuring and counting things).
- Give your child a magnifying glass to look at bugs, leaves, fabrics, etc.
- Have your child help you with the garden; talk about how things grow.
- Play with a kite and talk about the weather.
- Experiment with toys that float and sink.



What routines should I practise with my child?

About three months before Kindergarten begins, it is important to practise routines and schedules:

- Occasionally practise getting your child's backpack ready.
- Help your child plan what to wear.
- Make bedtime a time for quiet activities (e.g., read a story to your child; snuggles and hugs; have bath time). Note: Current guidelines recommend children 5-13 years should get 9-11 hours of sleep per night.
- Try to avoid having your child watch TV just before bedtime.
- Each day try to reduce stress by leaving plenty of time for your child to get ready for the day.
- Ensure that your child has healthy meals and snacks at regular times.

How can I help my child learn to listen?

Here are some tips for good listening skills that you can practise with your child.

Being a good listener means that you:

- stop what you are doing.
- look at the person who is speaking.
- try to keep still when a person is speaking.
- think about what the person is saying.
- can re-tell what you have heard.
- can follow instructions.

How can I help my child learn to be separated from me?

Some children find it difficult to leave parents during the first days of Kindergarten. To prepare them to make the transition, periodically allow your child to stay with family members or friends. Reassure your child that you will be back for him/her. You will make your child more confident if you give him/her these opportunities. Also, if you demonstrate a relaxed and positive attitude about the transition to Kindergarten, your child will too.



What clothes should I buy for my child?

Your child will be very active in the Kindergarten classroom. It is wise for your child to wear comfortable clothes and shoes:

- Choose clothes that are easy for your child to put on, take off and fasten.
- Choose clothes that are easy to wash.
- Make sure that your child has clothes appropriate for the weather and activities.

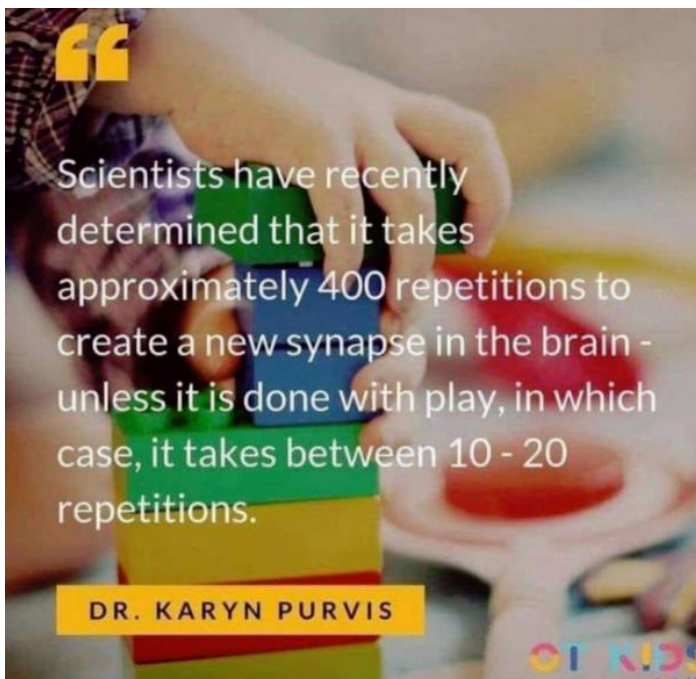
What should my child know before Kindergarten begins?

Although it is not required that your child complete the attached “Kindergarten Lily Pad Maze” before entering Kindergarten, you will want to give your child every chance to succeed in school. Why not spend some time in the months before kindergarten begins to work with your child on the skills described on the maze? Once your child completes a task, colour in the lily pad to see the progress made?

What the Students Say...

What do you like to do in Kindergarten?

- *I like playing games.*
- *I like building things.*
- *I like that sticky playdough.*



When I play, I learn.....

- problem solving and thinking skills
- how to negotiate with others
- to be creative, imaginative and innovative
- science concepts such as more, less, heavy, light, etc.
- social skills or how to get along with others
- language and communication skills
- to pay attention and focus on an activity
- organization and planning skills
- about making up stories or acting out stories which helps me understand stories
- how to use my fine motor and gross motor skills more effectively

And so much more!



Resources

Books for Parents

- *Pick Up Your Socks* by Elizabeth Crary
- *Siblings without Rivalry* by Adele Faber & Elaine Mazlich
- *How to Talk So Kids Will Listen and Listen So Kids Will Talk* by Adele Faber & Elaine Mazlich
- *Kids Are Worth It* by Barbara Coloroso

Books for Kids (What? Where? Who? Why? When? Questions)

WHAT?

- *Brown Bear, Brown Bear, What Do You See?* by Eric Carle
- *Polar Bear, Polar Bear, What Do You Hear?* by Eric Carle
- *Guess What I am? Or Guess What I'll Be?* by Anni Axworthy
- *Hilda Hen's Scary Night* by Mary Wormell
- *Jesse Bear, What Will You Wear?* by Bruce Degen
- *My Bunny* by James Young
- *What Game Shall We Play?* by Pat Hutchins
- *Will You Take Care of Me?* by Melissa Sweet

WHERE?

- *Henny Penny* by Paul Galdone
- *Tow Bear Cubs* by Ann Jones
- *Where Does the Brown Bear GO?* by Nicki Weiss
- *Where's the Fly?* by Caron Lee Cohen
- *Who Wakes Rooster?* by Clare Hodgson Meeker

WHO?

- *Flappy Waggly Wiggly* by Amanda Leslie
- *The Little Red Hen* by Paul Galdone
- *Who Do You Love?* by Martin Waddell
- *Who Hops?* by Katie Davis
- *Who Says Moo?* by Ruth Young
- *Who's Sick Today?* by Lynne Cherry

WHY? (All by Catherine Ripley)

- *Why is Soap So Slippery? and Other Bathtime Questions*
- *Why Do Stars Twinkle? and Other Nighttime Questions*
- *Why does Popcorn Pop? and Other Kitchen Questions*
- *Why is the Sky Blue? and Other Outdoor Questions*
- *Why do Cows Moo? and Other Farm Questions*

WHEN?

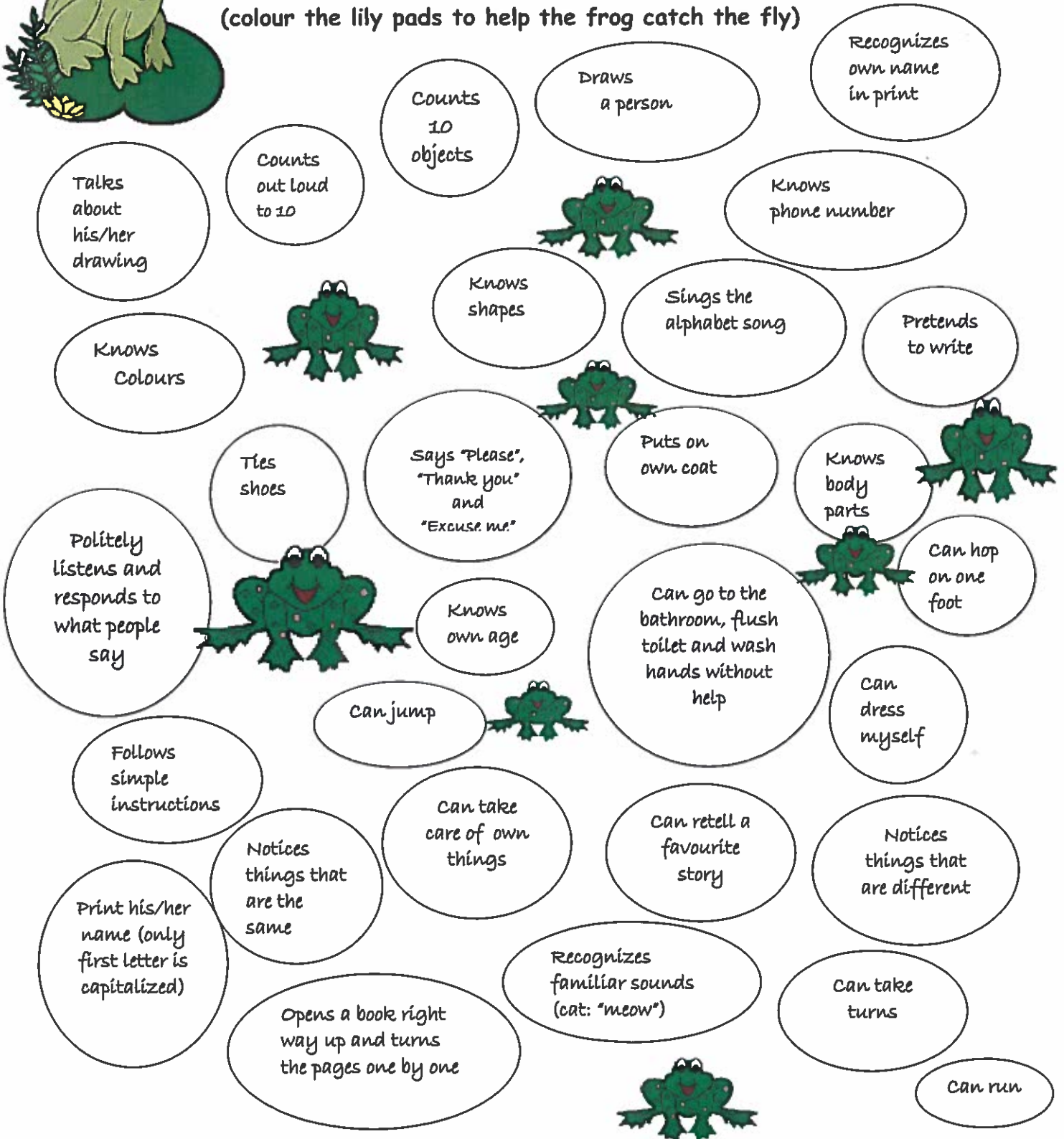
- *When Will It Be Spring?* by Catherine Walters
- *When Will It Snow?* by Bruce Hiscock





Kindergarten Lily Pad Maze

(colour the lily pads to help the frog catch the fly)



Talks to other children while playing

Gives an explanation using "because..."

Asks for help to write letters or words

Listens to a story

Engages in pretend play

Knows how to ask for help

Can share a toy

Asks questions

Talks about interests or experiences

Can play a simple card or board game

Shows caring for others

Plays well alone

Plays well with others

Uses scissors and glue with supervision

Can follow rules and explain them to others

Picks up own toys

Can complete a chore or job

Draws dots, lines, circles and pretends to write

Can control volume of voice

Can throw, kick or catch a ball with a friend

Shows patience

Colours a picture

Can use a kleenex

Knows some rhymes, songs or jingles

Can name letters from own name

Recognizes some letters from food packages and cartons

