



How Parents Can Help Prepare Their Child for Kindergarten

Starting kindergarten is an exciting milestone, but it can also create anxiety for both children and parents.

This brochure outlines some simple skills that can be worked on at home to ease anxieties. By helping to prepare your child to be more independent, you will help make your child's school days go smoother, make it easier for them to concentrate on learning, and ensure they have a lot more fun!



As a parent, you can help your child have the best start by:

- Practicing putting on and taking off shoes, packing and unpacking bags.
- Choosing a backpack that your child can easily carry, open and close.
- Choosing shoes that your child can safely wear on the playground and in the gym.
- Considering containers and packaging that your child can open and close.
- Practicing opening the lunch kit, taking out and putting containers back.
- Keeping food choices simple when packing their snack and lunch.
- Cutting up fruit, vegetables and sandwiches into bite size pieces.
- Allowing your child to become independent with bathroom routines in various settings.
- Checking with your child to see how they feel about using different bathrooms.



Welcome To Kindergarten

The Cowichan Valley School District values your partnership in the education of your child



What Will My Child Learn in Kindergarten?

There are five main areas of focus:

Play Nicely! Social Responsibility: Children will learn to interact appropriately with increasing independence and self-confidence in learning situations and take increasing responsibility for materials and behaviour.

Tell Me More! Oral Language: They will use speaking and listening when engaging in exploratory and imaginative play to express themselves, exchange ideas, ask questions and to expand their spoken and listening vocabulary.

Let's Read a Book Together! Reading & Viewing: Children will engage in reading-like behaviour and will become aware of the connection between, reading, writing, and oral language.

Draw Me a Story! Writing & Representing: Children will participate in writing / representing experiences using emergent symbols (picture, oral description, letters) to communicate meaning.

How Can We Find Out How Many? Numeracy: Children will explore mathematical ideas such as problem solving, number, and space, with materials which are used in everyday life.

Use these checklists to help identify things to practice at home and to celebrate your child's accomplishments

Clothing coats • backpacks • shoes

I can:

- carry my own backpack.
- 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.
- lace and unlace, zip and unzip, or pull and stick Velcro on my shoes



Hygiene washing • toileting • nose blowing

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.
- push down a toilet lever.
- push a soap dispenser.
- wash and dry my hands.
- cover my mouth when I cough.
- blow my nose and put the tissue in the garbage.



Eating food • choices • containers

I can:

- open and close my snack bag.
- open and close all of my food containers.
- use a fork and spoon.
- eat my healthy choices first.
- peel my orange and eat whole apples and other fruit.
- remember not to eat and talk at the same time.
- wipe up small spills.

In order to give your child a good start and to keep things running smoothly, we suggest you do the following:

Be consistent about pick-up and drop-off routines – phone the school or send a note if someone else will pick up your child or if you are going to be late. The teacher may ask for identification before releasing your child.

Label everything – please put your child's name and last initial on all clothing and backpacks. This will really pay off!

Keep us informed about:

- Health issues such as social/emotional conditions/concerns or allergies.
- Family life changes such as illness or death.
- Custody arrangements: Copies of court orders are filed in the office.