

Tips for Parents and Caregivers: Activities to Help Your Child Get Ready for School

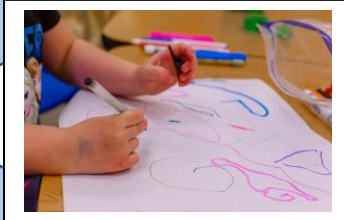
Here are some questions to ask yourself about your child's development. Remember, all children develop at a different rate! Activities at the bottom are ideas to help support development in these areas!

SELF HELP

- Can your child dress themselves with little or no help?
- Clean up toys and activities with few reminders or little help?
- Put their coat on and take it off, and hang it up independently?

SOCIAL EMOTIONAL LEARNING

- Is your child able to wait 3-4 minutes, patiently, for help or attention?
- Talk about their feelings (sad, angry, happy) and tell you why?
- Is your child able to share, compromise and/or take turns with siblings or friends?



PHYSICAL DEVELOPMENT

- Can your child hold and use a pencil/crayon/marker effectively?
- Can your child cut paper with scissors?
- Does your child enjoy running, jumping and climbing (at a park or playground)?

COGNITIVE DEVELOPMENT

- Does your child show interest in activities and learning?
- Can your child follow a 3 or 4 step direction?
- Can your child name basic shapes, colors, numbers (1-10) and uppercase letters of their first name?

TIPS FOR PARENTS & CARE GIVERS:

- Give Your child one or more routine chores, such as putting clothes away or setting the table
 - Allow your child to choose clothing and dress independently
- Provide opportunities for your child to play with other children (outside running & jumping, or turn taking games and role-playing activities)
 - Talk openly about your child's feelings, naming feelings and causes for them
- Provide supervised use of scissors, markers, glue and other materials for your child to explore
- Play games like Simon Says and counting games – simply counting dishes as they get put away!
 - Engage in sorting activities (big rocks, little rocks, for example) and puzzles
 - Read to your child!