

Prepare Your Child for School

Parents of toddlers and preschoolers can prepare their children for Kindergarten. Everyday your child learns from your words and actions.

Enjoy your child as you:

Read together- daily.

Children's books contain new and different words not used in every day language. Increase your reading time to 20 minutes to expand your child's attention span. Ask questions about what you read. This helps him learn and practice good listening skills. Your child must be able to listen to what his teacher says.

Help her want to learn.

Answer her questions. Show her how things work. For example, talk about how you cook food. Explore your home and the world around you. Watch a squirrel eat a nut and build a nest. Make everyday learning fun.

Give him simple 2 and 3 step directions.

For example, "Go to your room, get your jacket and put in on."

Build her language skills.

Teachers want kids to be able to talk about what they see and what they need. Take your child to new places, like the zoo or a park. Talk about what you see. Give her new words. For example, "Look at these leaves. One is brown. This one is yellow. Look how they fall to the ground."

Encourage him to develop self-help skills.

Teach him to go to the bathroom and wash his hands. Show him how to blow his nose. Help him learn to dress himself. Teach him how to open up a juice box and insert a straw.

Work on positive social skills.

Show her how to share and take turns. Take her to small group activities. Do not let her interrupt you. Teach her to wait to speak. Then give her your full attention. Practice "please" and "thank-you".

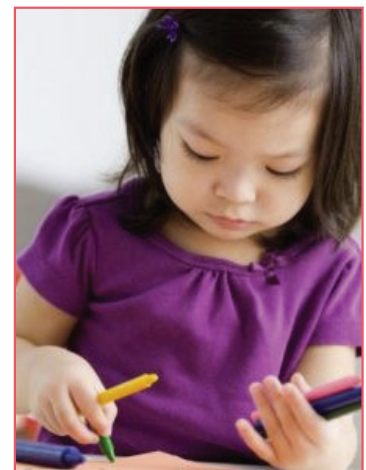
Help him develop fine motor skills.

Show him how to color, use a pencil and cut with child safety scissors. Let him mist plants with a spray bottle. Finger-paint.

Teach her to recognize letters, shapes, colors and numbers.

Forget the workbooks. Use what is in your home. Count green peas and orange carrots on her plate. Sort alphabet blocks or magnets.

Daily lessons unfold as you interact with your child. Keep the focus on fun.



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

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 **Children's**
HSHS St. John's Hospital