

SUMMER LEARNING GOING INTO KINDERGARTEN



FORMING ROUTINES

- ❖ Create a schedule that shows:
 - Snack time
 - Dinner time
 - Play time
 - Wind down time
 - Bedtime
- ❖ Review schedule and times with your child so they know and understand tasks and expectations

In September:

- Add: Homework time (pack up when done) & Extra curricular activities to schedule.
- Your child has papers on the left side of their folder that should be "left at home". All things on the right side of the folder goes "right back to school".
- ❖ Review time. Give yourself a set time to sit and review papers/notes and return them directly to your child's book bag. We know mornings can sometimes be hectic!



SLEEP HABITS

Kindergarteners need plenty of sleep! Young children are at their best early in the morning– and that means they need an early bedtime.

- ❖ Be firm and consistent about bedtime.
- ❖ Use a clock or timer for wind down time so they know bedtime is approaching.
- ❖ Avoid sugary snacks neat bedtime, especially caffeine.
- ❖ No electronics to help start to quiet the brain.
- ❖ Read aloud. Having this time together is precious and also helps to strengthen your child's brain.
- ❖ Be positive during the bedtime routine so that it is seen as a pleasant time, not a hassle.

Recommended Amount of Sleep for Pediatric Populations*

Age	Recommended Sleep Hours per 24 Hour Period
Infants: 4 to 12 months	12 to 16 hours (including naps)
Toddlers: 1 to 2 years	11 to 14 hours (including naps)
Preschoolers: 3 to 5 years	10 to 13 hours (including naps)
Gradeschoolers: 6 to 12 years	9 to 12 hours
Teens: 13 to 18 years	8 to 10 hours

*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).
Source: Paruthi S, Brooks GJ, Chrousos CP, Heit W, Kline S, Lloyd RM, Muzik B, Muzik K, Nichols C, Quan SF, Rosen CL, Troester MM, Wolk MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. J Clin Sleep Med. 2016 May 28; pii: j4-00188-16. PubMed PMID: 27208099.

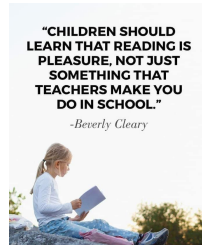
THINGS YOUR CHILD SHOULD WORK ON

- ❖ 10 basic colors: red, orange, yellow, green, blue, purple, brown, black, white, pink
- ❖ Counting, reading, writing numbers 0–20
- ❖ Their hair and eye color
- ❖ Shapes
- ❖ Classifying and counting objects (There are 4 blue circles)
- ❖ Writing their first name correctly (starts with a capital letter)
- ❖ Get themselves dressed
- ❖ Be independent in the bathroom
- ❖ Be able to use scissors, glue, and crayons
- ❖ Identify letters and letter sounds
- ❖ Handle a book. Not read it, but be able to find the cover, hold it in the right direction, turn the pages, and find the text and pictures.
- ❖ Verbalize wants and needs



HOW TO FIND A BOOK TO READ TO YOUR CHILD

- ❖ Select books that:
 - Promote imagination and solve problems in a creative way.
 - Real-life circumstances that mirror their concerns. They enjoy stories about going to school, playing with friends, and sharing with others.
 - Have amazing pictures- this is still an area of great fascination.
 - While you read, allow your child to fill in the blanks, guess what comes next, or make predictions about sentences, phrases and words.
 - Have nursery rhymes and poetry.
 - Introduce your children to cultures around the world that are different from theirs.
 - Present opportunities to learn about families and making friends.
 - Rhyme, practice ABC's or numbers



Children who love shared book reading often become lifelong readers!

TALK



Help your child talk in a more structured fashion:

- Play "I Spy"
- Play "Headbandz"
- Let your child pick a few pictures (no more than 4) from a magazine or clip art and make up a story about them.
- Walk and Talk- have your child point out things they see. Ask open-ended questions (who, what, why, where, when, how)
- Create or learn songs to expand your child's vocabulary.
- Kitchen talk- ask your child to name the utensils needed. Discuss the food you'll be eating, their color, texture, and taste. Where does the food come from?
- Imagine- have your child draw a picture of an imaginary world. Ask open-ended questions to learn more about it.

LISTEN



Practice good listening skills with these activities:

- Freeze dance
- What's that sound?
- Simon Says
- "Telephone"
- Sing silly songs
- Rhyme Time- you give a word and they have to say a word that rhymes with it
- Memory game- you say five things and have them repeated back to you those five things
- "Do 3 Things" helps with listening skills and also secretly convinces them to pick up their toys. Shh!

HOME LIBRARY (SUGGESTED BOOKS)

- Elephant and Piggie Series by Mo Willems
- Stellaluna by Janell Cannon
- Click, Clack, Moo Series by Doreen Cronin
- If You Give a Mouse a Cookie Series by Laura Numeroff
- Books by Dr. Seuss
- The Pigeon Series by Mo Willems
- Rainbow Joe and Me by Maria Diaz Strom
- The Day you Begin by Jacqueline Woodson
- The Kissing Hand by Audrey Penn
- The Snowy Day by Ezra Jack Keats
- Goodnight, Gorilla by Peggy Rathman
- Monsters Love Underpants by Claire Freedman
- How Do Dinosaurs Say Goodnight? by Jane Yolen and Mark Teague
- The Quiet Book by Deborah Underwood
- Ada Twist, Scientist by Andrea Beaty
- Families, Families, Families by Suzanne Lang
- The King of Kindergarten by Derrick Barnes



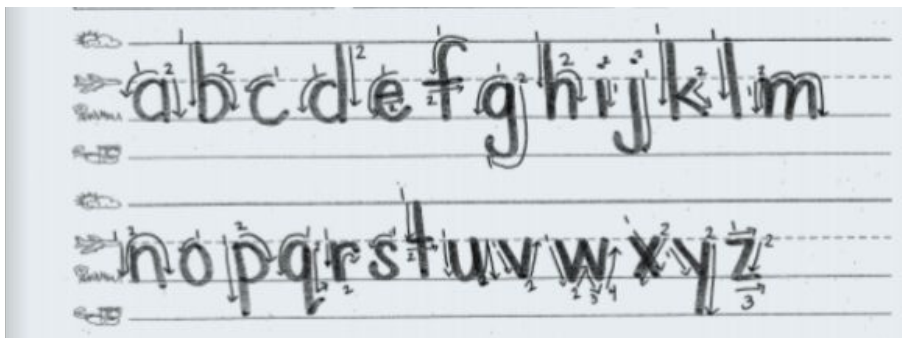
Encourage development of writing skills daily. Here are some fun ideas!

- ❖ Word art: practice forming letters with toothpicks, play-doh, ribbon, pipe cleaners- anything that can be reused.
- ❖ Play with your food: Use pretzel sticks and circles, cereal, uncooked macaroni, to form letters
- ❖ Just fun: use shaving cream, sand, dirt, cornmeal, pudding, paint, to trace and write letters.
- ❖ Make an alphabet strip for easy reference.

**** Focus on lower case letters****

WRITING STARTS

ALPHABET AND LETTER FORMATION



Math is everywhere! Asking your child if they would like their sandwich cut into triangles or rectangles is just one of the small ways to expand their math brain. Here are a few other ways:

- ❖ What is this shape? Point out street signs, buildings, everyday objects.
- ❖ Counting containers- Count objects from container. Ask them to separate into a category.
- ❖ What's that number? While driving have your child look at license plates for number identification, or signs on the road.
- ❖ Grocery Games- Have your child help you with the shopping. "We need six apples. Can you put them in the bag?"
- ❖ Cooking Genius- Have your child help you cook or bake. "This is a teaspoon. We need three teaspoons of sugar."

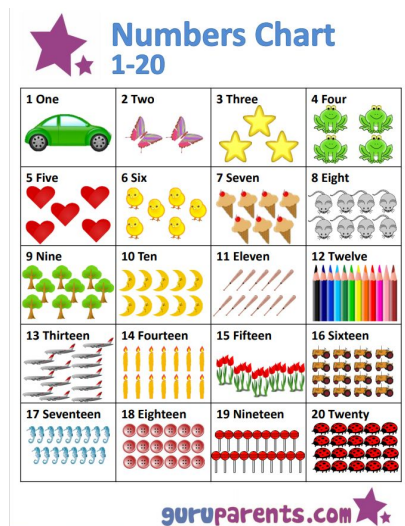
MATH PRACTICE

NUMBER CHART 1-20

Kindergarteners master math concepts by using objects that can be counted, classified, and sorted.

Learning numbers will help improve your child's math skills.

Practice counting to 20 every day!



Where?

- Car ride
- Dinner time
- Wind down/ bed time

How?

- Ask your child questions that they cannot just answer with a 'yes' or 'no'
 - What made you happy about school today?
 - What did you enjoy about school today?
 - What do you wish you didn't have to do in school today?
 - What activity did you really like doing today?
 - What was your favorite part of the day today?

Let the questions spark further conversation.

FAMILY CONVERSATIONS

SEPARATION ANXIETY IS VERY COMMON AMONG CHILDREN WHO ARE JUST BEGINNING SCHOOL.

It is almost **always** harder on the parents than it is on the children. I promise!

Before School Starts:

- ❖ Read lots of books about going to school.
- ❖ Talk very positively about school. Say things like, "You are going to have so much fun at school" and "You are so lucky to get to go to school now that you're a big kid."
- ❖ Make sure your child knows their teacher's name. Use it at home in everyday conversation, so that their teacher is not a stranger to your child on the first day.
- ❖ Try to arrange a playdate with a child who will be in the same class.
- ❖ Drive by the school occasionally and point it out to your child. "Look! That's where you get to go to school soon. It's going to be so much fun."
- ❖ Practice giving your child some space. If your gym or rec center has a child care, or a friend wants them to come over and play, drop them off for short periods of time.
- ❖ Be positive! Even if you are planning to have a little separation anxiety yourself, your child needs you to pretend that you are 100% happy about the first day of school. Your child will copy your emotions.

CONT'D.



After Drop Off:

- ❖ **Take a deep breath! You did it.**
- ❖ No turning back! Do **not** go back in to check on your child, or to make sure they have stopped crying. Doing so is the absolute best way to get your child to cry (again). Trust that your child and their teacher are going to be okay!
- ❖ When it is time to pick up your child, be on time and have a smile ready to greet them.
- ❖ Ask about their day: "What was your favorite toy?" "What is the name of 1 friend at school?" "Did you sing any songs?"
 - If they expresses sadness or anger, be sure to respond with understanding. For example, "I know that school is a big change, but you can do it because you are a big kid now!" Avoid verbalizing anything negative about school. Don't say, "I know you don't like it, but you have to go."
- ❖ Repeat the steps above, and stay positive!

CONT'D.

On the Big Day:

- ❖ Wake up with a smile and lots more positive talk. If your child expresses concern about going, talk through the emotions. Make sure your child knows that you will be back to pick him up, and that if he needs anything during school his teachers will be there to take care of him.
- ❖ When you talk to other parents or to the teacher about your child, stay positive. The worst thing you can do is let your child overhear you say, "Timmy is so nervous about school" or "Timmy is going to cry when I leave." If you say it, it will happen. So stay positive.
- ❖ Ask your child's teacher about the first-day drop-off policies.
- ❖ Ask also, what is the school's policy for dealing with children who are crying. Do they have a special quiet space for them to calm down in? Are there extra adults or administrators there on the first day to lend a hand? How long do they let the child cry before calling the parent?
- ❖ Say goodbye to your child before leaving. Once you say goodbye, leave (with a smile plastered to your face)! Do not show your nerves.

SUMMER FUN- CHECK LOCAL LIBRARY FOR FREE PASSES



Hands-on Museum

Zoo

Aquarium

Local Library

Local Theatre

Roller or ice skating

Bowling

Cooking Class

Art lesson at local craft store

Planetarium

Instrument/Voice Lesson

Gymnastics Class

Karate

Fitness or dance class

Play!!!

FAMILY FUN NIGHTS

- ❖ Movie Night
- ❖ Game Night: Board Game, Card Game, BINGO
- ❖ Flashlight Tag
- ❖ Make a fun dinner together (make your own pizza)
- ❖ Backyard Camping
- ❖ Scavenger Hunt around the house or neighborhood
- ❖ Arts and Crafts Night
- ❖ Bike Ride as a family
 - Explore other cultures and traditions
- ❖ Children's Choice



REFERENCES

- American Academy of Pediatrics (2021). *Healthy Sleep Habits*. Itasca, IL. <https://www.aap.org/en-us/Pages/Default.aspx>
- Barchers, S, (2013). *Kindergarten Parents Guide for Your Child's Success*. Teacher Created Materials: Huntington Beach, CA.
- Guruparents. *Raising Awesome Kids*. <http://www.guruparents.com/numbers-chart-1-20/>
- White, J. (2021). Play to Learn Preschool. *Separation Anxiety: A Parent's Guide*. <https://playtolearnpreschool.us/how-to-handle-separation-anxiety-a/>