

Tips to Help Your Child

- Read to your child every day
- Have your child retell the story to you
- Visit your local library
- Attend programs for preschoolers
- Make time to exercise every day
- Eat healthy meals and snacks
- Get enough sleep – young children need about 10 hours per night
- Provide time for puzzles, coloring, and cutting
- Name letters and numbers on signs, boxes, license plates, etc.
- Play games
- Talk with your child, listen, answer
- Sing nursery rhymes
- Count and sort objects in the house
- Cook together
- Measure things around the house
- Emphasize safety rules when playing, biking, walking, in stores, in parking lots
- Encourage and set an example of sharing
- Allow your child some time to solve his or her own problems before stepping in to help
- Use direction words (over, under, next to, on top of, middle, between, etc.)
- Use sequence words (first, next, then, finally)
- Allow time for independent play
- Limit TV, DVD's, video games and be there with your child participating and talking
- **HAVE FUN!!!!**

Resources:

From the Illinois State Board of Education:
Illinois Early Learning Project
www.illinoisearlylearning.org/

Kindergarten Corner

www.isbe.net/earlychi/html/kindergarten_corner.htm

Non-discriminated Notice

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The following person has been designated to coordinate compliance with IDEA and Section 504 the 1973 Rehabilitation Act. Inquiries regarding the non-discrimination policies shall be directed to:

Dr. Julia Cloat, Asst. Superintendent
Curriculum and Instruction
Freeport School District #145
501 E. South Street
Freeport, IL 61032
815-801-0118
julia.cloat@fsd145.org

MOVING ON



FROM PRESCHOOL TO KINDERGARTEN

 **FSD 145**
Freeport School District

Curriculum and Instruction
501 E South St.
Freeport, IL 61032
(815) 801-0118
www.fsd145.org

What does it mean to be ready for Kindergarten?

As you read this brochure please remember:

- Many of these skills can be practiced and nurtured at home. You are your child's most influential teacher.
- Children learn best when activities fit their age, are interesting and fun!
- Each child is unique and will learn these skills at his or her own pace. Not every child will master all these skills by his or her fifth birthday.

Social & Emotional Skills

- Engages in pretend play
- Plays and works cooperatively with other children the same age
- Beginning to share and take turns
- Tries to solve problems in more than one way - showing creativity and persistence
- Respects the rights and property of others
- Follows familiar rules and routines
- Uses words to express needs, wants, feelings or problems
- Uses acceptable ways to resolve conflict
- Accepts guidance and authority
- Accepts and adapts to changes in routine
- Pays attention and participates in a group for at least 10 minutes

Language and Literacy Skills

- Takes part in conversations
- Answers simple questions
- Uses two to three word sentences to talk about something that happened
- Follows simple directions
- Knows and writes some letters including those in his/her name
- Identifies name and/or some common words in the environment
- Shows interest in books
- Holds a book and turns the pages properly
- Understands that printed words in a book tell a story

Math Skills

- Counts 10 items while touching each
- Recognizes some numbers and colors
- Identifies shapes such as circle, square, rectangle and oval
- Identifies and make patterns with objects (red, white, red, white)
- Sorts objects by color or shape or size, etc.
- Can talk about a sequence of objects (first, next, last)
- Compares quantities (more, less)
- Find and name locations (top, middle, bottom; near and far)

Creative Expression

- Enjoys music, singing, dancing, etc.
- Paints, draws and builds to express ideas
- Describes or responds to their own creative work or the creative work of others



Small and Large Muscle Skills

- Runs, jumps, kicks, hops and throws
- Shows control, balance, strength and coordination in large muscle movements
- Engages in healthy physical activity
- Writes or draws with pencils, crayons, markers, etc.
- Cuts with scissors, strings beads, works with puzzles
- Practices appropriate eating habits, hygiene, self-help and dressing skills
- Learns and practices safety rules
- Identifies body parts and functions