

# How Can We Help Our Child Prepare for Kindergarten:

## **Personal Care Routines**

- Use the bathroom independently
- Practice good hygiene
- Dress independently
- Eat Snack independently
- Limit screen time
- Set a good bedtime routine



## **Social Emotional**

- Interact positively with peers and adults
- Ask for help
- Separate from parent
- Handle emotions appropriately

## **Academic**

- Knowledge of books
- Letter awareness
- Recognize their name in print
- Awareness of colours and shapes
- Counts to 10 and recognizes some numbers
- Ability to sit and listen for 5 to 10 minutes
- Follow one step directions

## **Fine Motor**

Can hold and use the following

- Pencil
- Crayons
- Scissors
- Glue

