

Getting Ready for Kindergarten ...

What FAMILIES Can Do

Visit the library. Get a library card, check out some books, and attend story time.

- Have your child help you write a grocery list. At the store, let your child read the list and find some of the items.
- Measure your child's height on the kitchen doorframe.
- Play ball together.
- Eat meals together at the table so that your child learns to sit for twenty minutes at mealtime.
- Make a sandwich together. Ask your child to cut it into triangles and share it with a friend, brother or sister.
- Lie in the grass and look at the clouds with your child. What shapes did you see? Or go out at night and look at the stars instead.
- Play rhyming games or point out rhyming words in books (hop/stop and red/bed).
- Help your child cut an old cereal box into 6-12 pieces to make a puzzle. Mix up the pieces and let your child have fun putting the puzzle back together again.

- Make cookies with your family and share them with a neighbor.
- Encourage your child to try painting in a new way. Instead of a paintbrush, use a plastic fork, a feather, a stick, or string.
- Help your child learn to say his or her full name, address, and phone number.
- Show your child some of his or her baby pictures and talk about how much he or she has grown!
- Play "The Opposite Game" with your child. When you say "up" your child says "down." Start with easy pairs (big/little and fast/slow) and try harder words too.
- Help your child draw a picture of your home. Count the doors and windows together and have your child write the numbers. Go outside and copy your house or apartment number too.
- Teach your child how to brush his or her teeth. Remind your child to brush two times every day.
- Have a teddy bear picnic (indoors or out). Eat lunch with

your child and read a story to the bears.

- Encourage your child to pack his or her own bag when you go places.
- Mix 5 cups of water and 1 cup of dishwashing liquid. Go outside and blow bubbles together.
- Go for a walk and look at the trees. How are they the same? How are they different?
- Take a large paint-brush and a pail of water outside. Let your child "paint" dry surfaces with the water.
- Set up a sprinkler. Have your child count how many steps it takes to get to the other side.
- Encourage your child to set the table and to count enough plates, cups, and forks for everyone.
- Sort laundry with your child. Talk about different colors, light and dark as you sort. Later try folding the laundry too.

