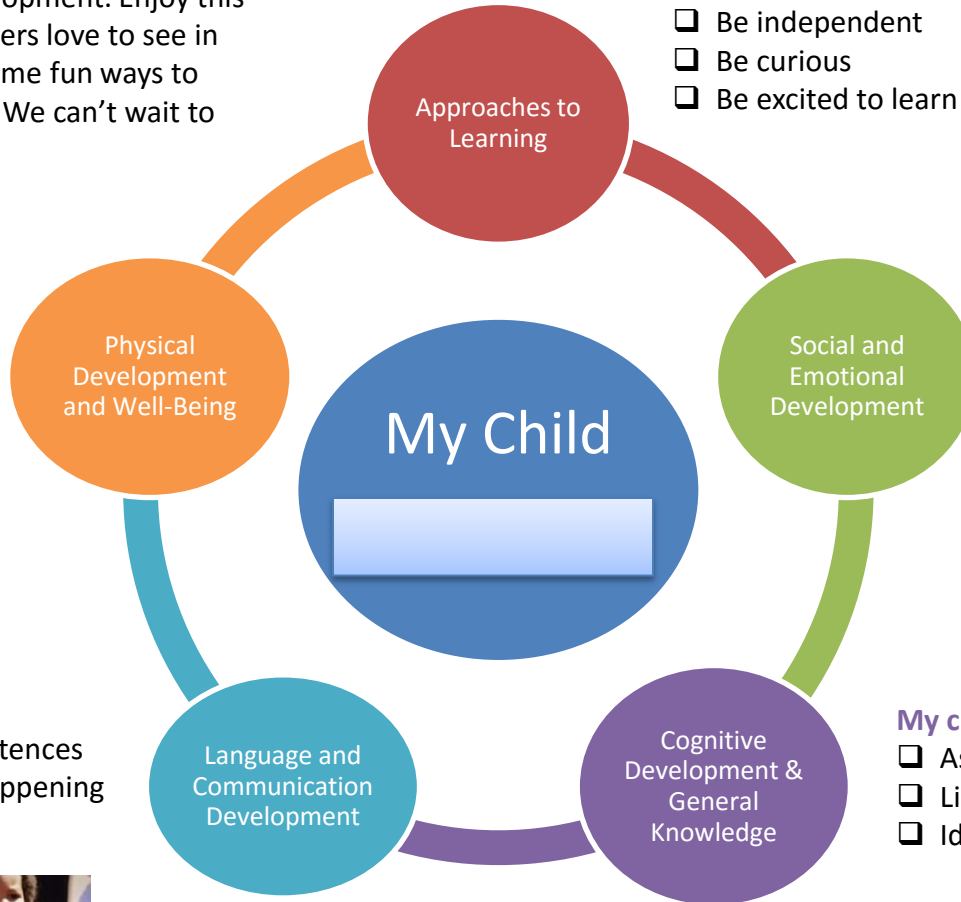


# Let's Get Ready for Kindergarten!



Dear Families

Wow, time flies! The years before kindergarten are full of new learning and development. Enjoy this time together. Here's what teachers love to see in Kindergarten. On the back are some fun ways to help your child build these skills. We can't wait to meet your child!



For information on playgroups and programs contact: 508.799.3136 or visit <http://www.wfcp.worcesterschools.org/worcester-family-partnership>.

# Ready, Set, Go!

## How can you help your child get ready?



### Talk

In your home language, describe what you are doing. Talk about what you see on walks and rides. Ask questions to start conversations with your child. Tell stories.

### Read

Start with just 20 minutes every day. Visit the library once a week. Read favorite stories again and again...and again!

### Sing

Sing favorite songs together. Sing while you work. Make up silly songs. Play with rhymes. Play music.

### Move

Dance, run, jump, hop and skip. Visit parks. Go on walks. Play outside every day.

### Write

Let your child watch you write lists and letters. Encourage her to try. Draw pictures together.

### Eat Healthy

Try new fruits and vegetables. Grow a garden. Travel to a farmer's market. Cook together. Make a chart of your child's favorite healthy snacks as you try new ones together.

### Encourage

Children love to try to do things themselves. Let your child try zippers, buttons, and serving himself at meal time.

### Join Your Child...Play Together

Children learn best through play. Play lots of games, build forts, play hide and seek, build block towers, or dig in the garden. Have fun together!

For more fun ideas go to [www.earlychildhoodcentral.org](http://www.earlychildhoodcentral.org), [www.toosmalltofail.org](http://www.toosmalltofail.org), or [www.brainbuilding.org](http://www.brainbuilding.org).

