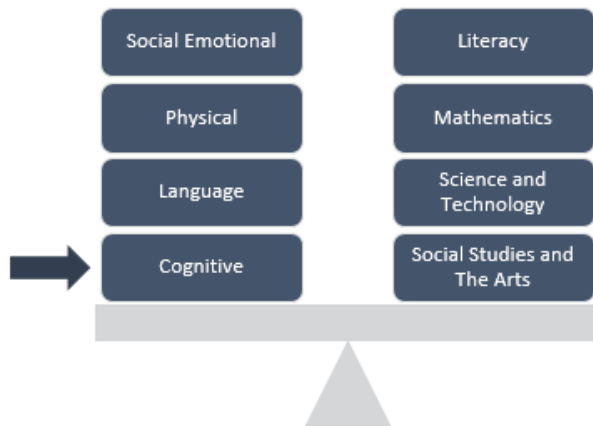


## Getting Ready for Kindergarten



### Cognitive Skills

**Responds appropriately to complex statements, questions, vocabulary, and stories**

*Answers appropriately when asked, "How do you think the car would move if it had square wheels?"*

**Follows detailed, instructional, multistep directions**

*Follows teacher's guidance: "To feed the fish, first get the fish flakes. Open the jar and sprinkle a pinch of food on the water. Finally, put the lid on the jar and put it back on the shelf."*

**Incorporates new, less familiar or technical words in everyday conversations**

*"I'm not sure I can put it together. It's complicated."*

**Pronounces multisyllabic or unusual words correctly**

*"Oh, that one has layers, it's a sedimentary rock."*

**Uses long, complex sentences and follows most grammatical rules**

*"We are going to the zoo to see the animals. We'll learn where they live and what they eat."*

**Tells elaborate stories that refer to other times and places**

*Tells an elaborate story of her recent visit to the bakery, including details of who, what, when, why, & how.*

**Engages in complex, lengthy conversations (five or more exchanges)**

*Extends conversation by moving gradually from one topic to a related topic*

**Uses acceptable language and social rules during communication with others**

*Uses a softer voice when talking with peers in the library and a louder voice on the playground*

### Reinforcing Skills at home

**When you & your child**

Arrange some toys the way they're arranged in the classroom.

Put similar toys together and use pictures on shelves and containers to show where the toys belong. Sing a song as you clean up.

**You might say**

[Sing to the tune of "Mary Had a Little Lamb"] *Sarah's picking up the cars. Sarah's picking up the cars. Sarah's picking up the cars, all by herself.*

**This helps your child learn to**

- Be independent
- Categorize and sort objects
- Identify where objects are in space (beside, inside, etc.)

## Ooblick

If you're looking for something to do inside on a rainy day this is a quick and easy way to keep kids busy.

- Pour a box of corn starch in a dishpan and add a tiny bit of water.
- The mixture is called Ooblick and it acts like a solid when you move it and squeeze it and like it's a liquid when you stop.
- The cornstarch doesn't dissolve in the water. It's called suspension.
- Clean Up: If you wash this down the drain turn the water on and let it run for a while to clear the drain.

# Strong Children + Strong Parents = Stronger Families

## Building Self-Esteem and Self-Awareness in Children

### Listen and Acknowledge

1. Give the child your full attention.
2. Really listen. Listen for the thoughts and feelings behind the words.
3. Repeat what the child said to be sure you understand.
4. Try to identify with your child. Put yourself in your child's place. Show that you understand and care about your child's feelings.

## Dream a little by completing these sentences:

1. When I was a kid, I always imagined that I'd...
2. I've always wanted to visit...
3. If I had the time, I would...
4. My life would be better if...
5. If I could start over, I would...
6. Three things I must do in my lifetime are:



Encouragement. Family members who encourage each other promote a sense of belonging and help each other develop as individuals.

Sharing Accomplishments. Ask family members to share things they've done during the past day, week, or month that made them feel good about themselves. Ask: "What was it that made you proud?"

Celebration Dinner. Have a celebration dinner one night a month. Plan a special meal and have each person "toast" the achievement of another family member. You can even hand out personal awards or certificates.