

**Activities to Prepare Your Children for Kindergarten**  
**Remember, you are your child's first and most important teacher!**

**You can help your child:** be curious, develop interests, build character, get along with others, and love words! You don't have to be an expert to help your child learn. Your time and a positive attitude are all it takes!

**Children are always learning and parents are always teaching!**

**Turn daily activities into teachable moments.**

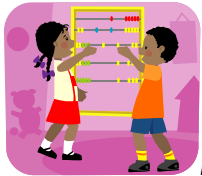
A trip to the grocery store can teach lessons in: agriculture (talk about how foods are grown), transportation (talk about why we need roads), math (encourage your child to count the items as you shop), and nutrition (talk to your child about why we need to eat healthy food).



**Build Literacy Skills:**

Lights! Camera! Action! Make reading fun. Use different voices for characters. Make sound effects. Preschoolers can be a silly bunch. Have fun – and help your child learn at the same time! Use household items as props for the stories.

Make reading part of your daily routine. Create a bookshelf and an area for your child to read. Place a comfortable pillow and/or blanket in the area to encourage reading. Let your child see you read (the sports page, cookbook, travel books). Read aloud frequently. For example, while making dinner, read the cooking instructions out loud! Go to the library often with your child. Get a library card for your child!



**Build Math Skills:**

Teachable Moment: Bake or cook with your child. Let them use measuring cups and spoons to add the ingredients. Count out loud. Also, use math at meal times. Let your child help set the table. Together; count the number of plates, forks, spoons, and napkins you need.

Go on a "counting" walk. Count windows, cars, houses, and trees!

"Home banking" Gather a collection of coins, pennies, nickels, etc. Encourage your child to notice the differences in shapes and sizes. Explain the different values of coins, such as, 1 nickel equals 5 pennies. Try trading coins with your child. For example: I will give you ten pennies for one dime! Be sure your child washes their hands after "playing" and let them know NOT to put them in their mouth!



**Build Writing Skills:**

Teachable Moment: Play I-Spy with your child. Look for different letters on signs. Ask your child to find a letter. Give clues to help your child. For example, say "I Spy the first letter of your name". Read alphabet books. Make a book using family photos. Use a small photo album and encourage your child to talk about the photo. Write a short sentence at the bottom of the page. You can use family outings or vacation trips to replay the event!