

Getting your child ready for school...

Did you know...?



Readiness for school has 5 parts:

- Physical health and well-being
- Social skills
- Emotional maturity
- Language and thinking skills
- Communication and General Knowledge

Parents play a big role in getting children ready for school:

- Playing with your child helps them learn valuable skills to help them in a classroom
- Having a safe and loving home helps children learn to be emotionally ready to learn in a school setting

Other caregivers also play a role in readiness for school:

- Children learn different things from different people.
- Children can learn new skills from their child care centres, their babysitters, their sisters and brothers, and their neighbourhood friends.

Communities play a role in readiness for school:

- Using community resources can give your child new experiences and help them learn new skills
- Libraries, resource centers, schools, health programs and lots of other programs can give you information and support to help you and your family

Want to know more?

Contact us at:
789-0494

torlikow@wsd1.org

www.wsd1.org/ueywinnipeg/

Children who are ready for school:

- are eager to try new things
- are curious about the world
- are able to get along with others
- are developing some ways of coping with feelings
- enjoy books, stories, rhymes and songs
- can communicate their needs to other people

Understanding the Early Years

*In Partnership with Social Development Canada and The Winnipeg School Division
2004*

Getting your child ready for school....physically

Physical Health and Well-being is...



- being curious and eager to try new things
- being properly dressed for the weather
- getting enough sleep--having energy to play throughout the day
- having enough good foods to eat
- being able to use the washroom independently
- being able to hold a pencil or crayon properly
- missing only a few days of school due to illness
- being able to play with and pick up small objects such as puzzle pieces

How do I help my child be physically healthy for school?

- play jumping and running games with older children, rolling and crawling games with younger ones
- practice climbing stairs and on playground structures
- make sure they have enough sleep--most children need between 11 and 14 hours a day
- play with paper, crayons and paints--fingers make good brushes
- choose vegetable and fruit snacks when possible
- try picking up small objects like cheerios--this is good practice for little fingers

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Getting your child ready for school....socially

Social Skills include...



- beginning to get along with other children
- beginning to follow rules and instructions
- playing with a variety of children
- having some self-control
- being able to solve some problems by themselves
- adjusting to changes in routine
- being tolerant of someone who makes a mistake
- beginning to take care of their belongings
- beginning to show respect of others
- being eager to try new activities and play with new toys

How do I help my child learn social skills?

- give children 2 things to choose between so they can practice decision making
- be a role model in your own relationships
- play games like Simon Says to practice following directions and listening
- plan play times with other children
- prepare your child before changing activities—"It's 5 minutes to bedtime."

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Getting your child ready for school...emotionally

Emotional Maturity means...

- helping other children if they are hurt
- offering to help other children on a task
- trying to stop a quarrel or dispute
- inviting others to join in a game or activity
- beginning to show empathy to others—showing some understanding of other people's feelings



How do I help prepare my child emotionally for school?

- practice describing feelings to your child--"I think your friend might be sad today...she is not smiling."
- model caring behaviour with other people. Children learn from you and will follow your example—you are your child's first teacher
- encourage children to include others in their play
- praise children when they help others - "I like the way you helped your little sister."
- talk to your child about upcoming events or changes in routines so the child can be prepared

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Getting your child ready for school.... language and thinking skills

Language and thinking skills include...



- being able to remember things easily
- being interested in books, turning the pages
- familiarity with some letters and numbers
- recognizing his or her printed name
- recognizing some signs in the neighbourhood
- playing with pens, crayons, pencils
- knowing shapes and colours

How do I help prepare my child's language and thinking skills for school?

- 'play' with language—sing songs and rhymes to your child in your own first language
- read and tell stories to your child; encourage your child to tell or read you stories
- count things – how many stairs, shoes, trees, cars...
- play sorting games – anything works: spoons and forks, buttons, pots and lids
- talk about the letters in your child's name; practice writing names and other words – try making a homemade book
- talk about the signs in the neighbourhood – "This sign means we have to stop."
- play memory games and number games – have your child invent a game to play
- talk about the sizes and shapes of objects – Which one is bigger? How many triangles do you see?

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Getting your child ready for school... communication and general knowledge

Communication and general knowledge include...



- telling stories
- using imaginative play
- understanding requests and responding to them
- communicating needs to adults and other children in a way that's understandable

How do I help my child learn communication and general knowledge?

- read to your child and talk about what you have read
- have your child retell the story to you as your child turns the pages
- play games of pretend and imagination
- talk together to practice verbal skills
- make connections between experiences, ideas and books—"That dog on the street looks just like 'Clifford' from the book we read today."

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