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Kindergarten Readiness Tips

What can I do to help my child succeed in Kindergarten?

You can take many steps to help your child prepare for kindergarten.

- **Keep your child healthy.** Ensure that your child eats healthy foods, gets plenty of sleep and visits the doctor on a regular basis. Before the start of kindergarten, make sure your child has had a recent physical exam and is up to date on immunizations.
- **Develop routines.** Choose regular times for your child to eat, play and sleep each day. This will help your child know what to expect and what's expected from him or her.
- **Encourage the development of basic skills.** Work with your child to help him or her recognize letters, numbers, colors and shapes.
- **Read, rhyme and play games with your child.** Make reading a daily family activity. Rhyming and playing with your child also are important for his or her development.
- **Expose your child to learning experiences.** Look for opportunities to broaden your child's horizons. Take your child to the zoo, bake cookies, go on hikes. Time spent connecting with your child is incredibly valuable.
- **Encourage socialization.** Promote your child's social development by signing him or her up for group activities and inviting friends to go on outings. Encourage your child to share, express his or her feelings, practice taking turns, and follow simple directions.
- **Talk about Kindergarten.** Build enthusiasm and lessen anxiety by explaining what your child's routine might be like in kindergarten. Before school begins, take him or her to the school and, if possible, check out the classroom. Get your child involved in shopping for school clothes and school supplies.

