

# Hip Hip Hooray! Let's get ready for K!

How can I help my child prepare for Kindergarten in the fall?

## Self-Help Skills:

- Clothing/Dressing
  - Take off and put on jackets and sweaters
  - Put on and take off shoes
  - Fasten buttons, snaps, zippers, buckles
  - Unzipping and unzipping backpack, placing items inside, putting on backpack
- Restroom Habits
  - Wiping, flushing, washing hands
- Lunch Time/Snack Time - Eat independently
  - Open and close Ziploc bags
  - Open snack packages, chip bags, yogurt and fruit cups
  - Put straw in juice box or pouch
  - Open and close lunchbox

## Fine Motor Skills:

- Play with play-doh
- Use pinchers, tweezers, or tongs to pick up objects
- Thread beads onto pipe cleaners
- Building games - playing with Legos, Magna tiles, etc.

## Number Sense:

- Verbally count to 10 or higher
- Counting objects up to 10 (1-to-1 correspondence)

## Alphabet Knowledge:

- Your child does not need to know everything about the alphabet before starting Kinder! We will work on the alphabet all year long.
- Talk about letters when they come up naturally, like when you're reading a bedtime story, or labeling a cup with their name.
- Recognizing their name and the letters in their name.
- Bonus: Writing their name "Look, it is an Mm. Mm sounds like /m/ in Mommy!"

## Other skills:

- Name basic colors and shapes
- Holds pencils, crayons, markers, and scissors correctly