

# KINDERGARTEN READINESS ASSESSMENT

## Family Tips: Ways to Support Your Child

The results of the Kindergarten Readiness Assessment presented to you by your child's teacher may prompt you to wonder, "How can I help my child?" This document provides some suggestions for families on this very topic. These are very general, but can be helpful. We encourage you to take time to talk with your child's teacher to learn more about your child's specific needs.

### SOCIAL SKILLS

Talk with your child about how he or she is feeling—recognize and validate those feelings. Provide words to help your child express emotions, such as sad, happy or angry.

Comfort your child when he or she is upset or scared. Help your child recognize when other are expressing their emotions and how to comfort them.

Establish routines with your child, such as playtime, clean-up time, bedtime and story time.

Give your child "simple" directions. Begin with something your child can do in one or two steps and add more steps as your child learn to follow directions.



### PHYSICAL WELL-BEING AND MOTOR DEVELOPMENT

Encourage your child to dress him or herself. Help your child learn to zip, snap or button a coat and tie his or her shoes.

Help your child learn personal care tasks, such as washing hands before eating and after toileting.

Provide time daily for your child to play—run, hop, skip, ride bike or trike, play ball.

Talk with your child about safety, such as crossing the street.

### SCIENCE

Ask your child questions about the world and encourage exploration through sight, smell, touch, etc.

Encourage your child to ask questions and help him or her find the answers.

### SOCIAL STUDIES

Talk with your child about the importance of following the rules and playing fair during games.

Talk about the events of the day, such as what happened this morning during breakfast or what you plan to do this evening after dinner.

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### MATHEMATICS

Help your child identify shapes, such as circles, squares and triangles. Look for and point out shapes in the environment.

Talk with child about the meaning of words used in math, such as numbers, add, take away, equal or same, more and less.

### LANGUAGE AND LITERACY

Read to your child often, in the language you know best.

Practice rhyming with your child—rhyming nonsense words counts!

Help your child recognize his or her written name and that letters make up words and words convey meaning.

Talk to and with your child. Help your child learn to express thoughts and ideas by staying on topic.