



# SUPPORTING TRANSITION TO KINDERGARTEN

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The year-long kindergarten transition is an important foundation for long-term success. Here are some stress-free strategies to support your scholar in key areas of school readiness:

## Language and Literacy

It's helpful when kindergarten scholars:

- Can hold a pencil and draw a simple picture.
- Hear rhymes and beginning sounds.
- Know the names of at least 14 letters.
- Know the sounds of 12 different letters.
- Can identify eight colors.
- Have a good-sized vocabulary.

You can help your scholar build these skills by:

- Reading with your scholar often.
- Allowing your scholar to draw and write.
- Singing/rapping with your scholar.
- Pointing out letters on common items like cereal boxes, appliances, or street signs.
- Talking with your scholar often.
- Using descriptive words. For example: Saying "red car" instead of "car."

## Math

It's helpful when kindergarten scholars:

- Can identify numbers 1-10.
- Use finger to touch and count up to 10.
- Can identify shapes.
- Can identify simple patterns.
- Feel positive about math.

You can help your scholar build these skills by:

- Demonstrating a positive attitude about math.
- Counting items as you touch things.
- Pointing to shapes in your daily surroundings.
- Counting and measuring food when cooking.

## Learning Attitude

It's helpful when kindergarten scholars:

- Are curious about life and ask questions.
- Can keep trying after making mistakes.
- Feel confident and valued.
- Enjoy learning.

You can help your scholar build these skills by:

- Praising your scholar's efforts regardless of outcomes.
- Creating age-appropriate, stress-free ways for your scholar to learn.
- Responding to questions and curiosity in a positive manner.
- Displaying your scholar's work.
- Making eye contact when your scholar speaks. This shows you value his/her words.

### **Social and Emotional**

It's helpful when kindergarten scholars:

- Can use words to express feelings and needs.
- Can solve problems without aggression.
- Can focus for 10 minutes at a time.
- Can think about the feelings of others.

You can help your scholar build these skills by:

- Setting a good example with handling your emotions.
- Encouraging your scholar to use words to express how he/she is feeling.
- Praising your scholar when you notice he or she is focused.
- Talking with your scholar about feelings of book characters.
- Explaining to your scholar what others might be feeling.

### **Self-Care and Independence**

It's helpful when kindergarten scholars:

- Get 10-11 hours of sleep each night.
- Can zip their own coats and tie/fasten their own shoes.
- Can adjust their own clothing before and after using the bathroom.
- Can state first and last name.

You can help your scholar build these skills by:

- Establishing an after-school and bedtime routine.
- Allow extra time for your scholar to practice zipping, tying, or buttoning his/her clothes.
- Write your scholar's name on personal items and point it out to your scholar.

### **Attendance**

It's helpful when kindergarten scholars:

- Arrive at school on-time every day.
- Have parents who reach out for help if getting to school on-time becomes challenging.

You can help your scholar build these skills by:

- Establishing a bedtime and morning routine.
- Creating a plan for how your scholar will get to school.
- Asking for support from your scholar's school staff and NAZ team if needed.
- Keeping your scholar's school bus number readily available if your scholar will be riding the bus.

