

REMEMBER....YOU ARE YOUR CHILD'S FIRST  
AND MOST IMPORTANT TEACHER!

Your child has learned an incredible amount before coming to school, from you and from all the experiences he has had.

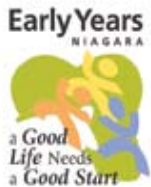
It is the school's goal to build on your child's early learning in partnership with you and others involved with your child.

THE SCHOOL IS READY FOR YOUR CHILD!

The school is ready to accept and meet the needs of your child. Kindergarten teachers are ready and willing to support children with different skill levels, experiences and diverse family and cultural backgrounds.

You can be confident that the school will build on all the important learning that you have helped your child gain before coming to Kindergarten!

CONTACT INFORMATION



Created by the Early Years Niagara School-Readiness Committee  
[www.earlyyearsniagara.org](http://www.earlyyearsniagara.org)  
905-684-7200 ext. 1410

For more information on early learning and school-readiness programs visit your local Ontario Early Years Centre ([www.ontarioearlyyears.ca](http://www.ontarioearlyyears.ca)), call the Parent Talk Line at: 905-688-8248 ext. 7555 or 1-888-505-6074 ext. 7555, or visit the Be a Great Parent website at: [www.beagreatparent.ca](http://www.beagreatparent.ca).

For French booklets, please contact the Centre de Santé Communautaire Hamilton/Niagara at: 905-734-1141 ext. 237.

# Off to School

## Is Your Child Ready for School?





## IS YOUR CHILD READY FOR SCHOOL?

Children who are ready for school are:

- happy playing with others
- eager to learn
- beginning to take responsibility for themselves and others
- beginning to be independent
- curious
- learning to cooperate

**You can encourage your child's readiness for school in the following ways:**

## PHYSICAL DEVELOPMENT AND WELL-BEING

You can help your child to:

- learn to get dressed on his own
- learn to use the bathroom without help
- get a good night's sleep
- eat healthy food
- be active

## GENERAL KNOWLEDGE AND COGNITIVE SKILLS

You can help your child by:

- showing her that it is exciting to learn new things
- letting him ask lots of questions
- encouraging her to play with many toys and materials (beads, clay, leaves)

## EFFECTIVE LANGUAGE AND COMMUNICATION SKILLS

You can help your child to:

- talk about what she needs
- use "I" messages ("I feel angry when you take my toy")
- learn to take turns by talking with your child and listening to what he has to say

## HEALTHY SOCIAL AND EMOTIONAL DEVELOPMENT

You can help your child by:

- helping him be comfortable away from you
- helping her learn to play, share and make new friends
- giving him time to play by himself
- encouraging her to make some decisions on her own
- giving him a few easy clean up chores (putting away shoes)
- showing her how to take care of her things
- showing him how you calm down when you get upset (take a break, talk it through)
- helping her focus her attention when needed (how to brush her teeth, safety)

## BEGINNING LITERACY AND NUMERACY SKILLS

You can help your child by:

- helping her learn to love books and stories by reading with her and talking about the story and pictures
- letting him see you read for different reasons (recipes, maps, signs)
- giving her materials to write and draw
- letting him see you write for many different reasons (grocery lists, cards, messages, cheques, calendars)
- showing her the 'math' in her world (board games, cards, reading recipes, sorting laundry, setting the table, counting)