

At every age your child is learning from the experiences you provide. As a parent, you are your child's first and most important teacher. The things you do every day with your child will help your child learn skills that prepare him/her for school. This booklet is intended to serve as a resource to help your child be KINDERGARTEN READY!

LONG BEACH UNIFIED SCHOOL DISTRICT



Planting the seeds towards college and career readiness...

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The LBUSD P-3 Steering Committee would like to thank all Early Childhood Educators who participated in the 2014 Spring Forums. The ideas and feedback generated in these forums contributed to the development of this document. Our communities will benefit by having students prepared to enter kindergarten.



Kindergarten READINESS

*A step by step
guide for parents*



LONG BEACH UNIFIED SCHOOL DISTRICT

Physical Development



Young children learn best by doing. Active physical play supports preschool children's brain development and is a primary means for them to explore and discover their world.

Balance

- Balance on one foot with arms outstretched.
- Balance a beanbag on your head for several seconds.
- Walk along the edge of a sandbox.
- During the song "Head and Shoulders, Knees and Toes," maintain balance while reaching for toes.
- Bend, stretch, twist and turn without losing balance.

Physical Play

- Jump, hop, run, and gallop. Try to jump with two feet, hop on one foot and run in a zig-zag pattern.
- Sit on a bouncy ball.
- Ride a trike.

Manipulative Skills

- Roll, bounce, kick and catch a ball.
- Toss an object underhand into a basket six feet away.
- Play with clay or playdough.
- Cut or tear paper.
- Play with a spray bottle to squirt water.
- Snap, unsnap, zip, unzip, button, and unbutton.

Movement skills are a foundation for learning. The age at which a skill develops will vary child to child.



Mathematics

Children who have opportunities to play with shapes, blocks, puzzles and practice counting will be ready for the formal instruction of mathematics.

- Provide large and small blocks for your child to build.
- Provide puzzles that your child can construct.
- Help your child develop an awareness of numbers in his/her daily life such as: time, dates, page numbers, phone numbers, addresses, clothing sizes, etc.
- Have a family game night to play games that involve counting such as dominoes, card games, and board games.
- Practice counting throughout the day. Try counting how many steps to the car, the number of stairs you climb or crackers at snack time.
- Practice counting objects using one-to-one correspondence (one object for each number word).
- Make comparisons (taller/shorter, longer/shorter, heavy/light, large/small).



Your role as “first teacher” is one of great importance. Do not underestimate how your words of encouragement, a smile when your child comes home from school and your interest in what took place at school impacts your child.

Whether you are about to be a first time Kindergarten parent or have seen many children off to school, there is nothing like this first year. The Kindergarten year is filled with physical growth, social growth and tremendous academic growth. As you support your young child in this transition, he/she will look to you for a sense of security and confidence. These are two things that can be nurtured through your parenting.

As you read through this booklet, we hope you’ll use these ideas to help your child build confidence and know what to expect in Kindergarten.

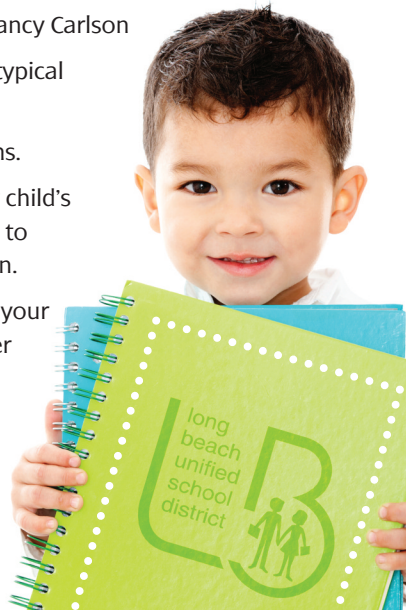
We look forward to your family being a part of the LBUSD Family!

Dr. Jill A. Baker
Deputy Superintendent of Schools

Getting Ready for Kindergarten

Starting kindergarten is a time of transition for children and parents. Some children are hesitant to go somewhere new and see people they have never met before. Here are some helpful ways to ensure the first year of kindergarten goes smoothly for you and your child.

- Attend a Kindergarten Festival to learn the process of school enrollment and school readiness skills needed for Transitional Kindergarten and Kindergarten.
- Attend the District *Education Celebration* held in January to learn about the different programs offered at elementary schools.
- Go to lpschools.net/schoolfinder or call 562-997-8247 to find your school of residence.
- Call your school of residence to find out the date and time for Open House and attend with your child.
- Call your school of residence or visit their website to find out the following:
 - Enrollment dates
 - Required documents
 - Kindergarten visitation with your child
- Read books with your child about starting Kindergarten. Some good choices are:
 - *Miss Bindergarten Gets Ready for Kindergarten* by Joseph Slate
 - *The First Day Jitters* by Julie Danneberg
 - *Lookout Kindergarten, Here I Come* by Nancy Carlson
- Prior to starting school begin to practice a typical morning routine.
- Teach your child how to open up lunch items.
- Write with words and/or pictures what your child's schedule will look like. If your child is going to day-care, be sure to include that information.
- On the first day, write a note and leave it in your child's lunchbox or backpack letting him/her know you'll see him/her after school.
- Be sure to take a picture commemorating your child's special day.



Reading

Children who are read to daily have a larger receptive and expressive vocabulary.

- Start a reading library for your child.
- Set aside time each day to read to your to help develop a love of reading.
- Read a variety of high interest books (e.g., fiction, non-fiction, and poems).
- Talk about the illustrations in the book.
- Move your finger under the words as you read aloud so your child understands how print works.
- Have your child turn the page as you read.
- Ask simple questions (who, what, where, when, why) about the story and have your child predict what may happen next.
- Visit the local library.

Writing

Children who have frequent opportunities to use writing tools will develop the fine motor skills needed to write.

- Have paper, pencils, markers, and crayons readily available for writing and drawing.
- Teach your child how to write his/her name with the first letter as capital and the rest of the letters as lowercase.
- Use a highlighter to write your child's name, shapes, letters, numbers and have your child practice tracing.





Reading & Writing

Letters, Sounds, Rhyming

Children who develop an awareness of letters, sounds, and rhyming will transition into formal reading and writing with greater ease.

- When introducing letters to your child, start with the letters in his/her own name.
- Look for letters in the environment (e.g., cereal boxes, billboards, license plates, etc.).
- Look for letters your child knows while reading.
- Use magnetic letters to spell his/her name.
- Read ABC Books.
- Sing the Alphabet Song.
- Sing/read Nursery Rhymes.
- Make rhymes by changing the beginning sound of any word (e.g., change the beginning sound in *hat* to make other rhyming words such as *cat*, *rat*, and *bat*).

Getting Ready for Kindergarten

Getting Ready for Kindergarten Checklist

I am prepared to begin my Kindergarten year!

(This is a checklist from your child's point of view.)

- I visited my new school and met
 - my principal
 - my teacher
 - my new friends
- I have my school uniform and backpack ready with school supplies.
- I know how I am going to school
 - walking with an adult
 - car
 - bus
- I know my personal information
 - my full name
 - my parents' names
 - my phone number
 - my address
 - the name of my new school
- I can use the restroom and wash my hands by myself.
- I can independently
 - button my sweater and take it off by myself
 - zip my jacket by myself
 - put my shoes on by myself
 - button or snap my pants by myself



Success in Kindergarten

The first formal year of school can be exciting yet challenging. Remember to keep things balanced in your little one's life. There will be many changes occurring for them at school.

Encourage Your Child's Natural Curiosity

- Go exploring together, always talk about what you are seeing.
- Ask questions that have more than one right answer. (e.g., "What do you think will happen if...?" "Why do you think that happened?")
- Help your child find out answers to things he/she wonders about.
- Share your interests and your hobbies with your child.

Help Your Child Get Organized and Healthy

- Allow plenty of time to get ready in the morning to ensure a productive day at school.
- Have items prepared ahead of time.
- Keep backpack uncluttered by checking it daily.
- Have a predictable routine.
- Feed your child a healthy breakfast.
- Be sure your child gets a good night's rest.

Create a Home-School Connection

- Get to know your child's teacher.
- Share anything you feel is important about your child with the teacher.
- Volunteer at your child's school.
- Join the PTA.



Responsible Conduct

Your child is expected to exhibit responsible conduct.

To promote responsible conduct:

- Encourage your child to dress independently.
- Encourage your child to clean up his/her toys.
- Encourage your child to share with others.
- Encourage your child to use language to express his/her feelings.

Fairness and Respect for Others

Establishing a sense of fairness and respect for others is important. It is expected that at school children are sensitive to the feelings of others.

To encourage fairness and respect for others:

- Talk with your child about how others are feeling.
- Provide opportunities for your child to help a friend in need.
- Encourage your child to take turns.
- Encourage your child to consider others' opinions.

Conflict Resolution

Children entering Kindergarten are becoming capable of negotiating, compromising, and finding cooperative means of resolving conflict with peers and adults.

To promote conflict resolution:

- As the adult, be the facilitator not the problem solver.
- Encourage your child to articulate the problem.
- Remind your child about fairness and existing rules and procedures.





Personal Responsibility

Becoming a Preschool Community Member (Civics)

Democratic Participation

It is important that children become involved as responsible participants in group activities. It helps to promote an understanding of group decision-making and respect for majority rules and the views of group members who disagree with the majority.

To encourage democratic participation, parents can:

- Establish predictable routines throughout the day so that children learn to anticipate and initiate what's next without being prompted.
- Explain the reasons for rules (e.g., why hitting other people is not allowed).
- Establish house rules with the participation of your child.
- Model the behavior you expect by following the rules and practicing problem solving.
- Encourage your child to solve his/her own problems.
- Encourage and provide opportunities for play with a group of friends.
- Use vocabulary for making and discussing rules.



Children learn what they experience and see. It is important for young children to see adults model responsible behaviors as well as provide opportunities to demonstrate responsibility.



Limit Distractions

- Create a designated space and time to complete homework.
- Be available to help but don't make it "your homework."
- Monitor screen time. Television, computers and video games are huge competitors for attention.

Allow Free Time and Socialization

- Provide opportunities for your child to unwind with unstructured play time.
- Limit after school activities such as sports or lessons.
- Schedule play dates with classmates outside of school hours to help build friendships.

Communicate With Your Child About School

- Talk with your child about school. When your child comes home from school, ask specific questions. Instead of saying "How was your day?" ask "What was the best thing that happened today at school?" and "Tell me one new thing that you learned today in kindergarten."
- Display your child's work at home.
- Encourage your child to persist in tasks when encountering a problem before asking an adult for help. Focus on praising persistence.
- Express confidence in your child's abilities.



Social-Emotional Development



School readiness is significantly affected by a child's social and emotional competencies. Encouraging social and emotional development through secure relationships and play experiences is key to future school success.

Developing the Self

- Practice problem solving by guiding your child to find solutions.
- Reinforce good choices by acknowledging the result of your child's actions.
- Help your child manage him/herself by providing a consistent, but flexible routine.
- Play games with rules.
- Label emotions and behaviors of self and others.
- Help your child regulate his/her attention, thoughts, feelings, and impulses more consistently (e.g., anticipating routines, cooperating with fewer reminders, focusing attention on tasks and managing transitions).

Social Interaction

Social interactions provide opportunities for your child to develop skills of cooperation, planning, coordination, negotiation, and resolution.

To promote social interactions and relationships:

- Provide opportunities for your child to interact with adults they know (e.g., clergy, religious school teacher, your neighbors, familiar salespeople).
- Provide time for playing in small groups of 3 or 4 children.
- Provide opportunities for participation in classes such as music, sports, dance.
- Arrange times for you to leave your child in the care of another trusted adult. This provides your child with an opportunity to be secure in their knowledge that you will always return.
- Dedicate time for friendships to allow complex play to evolve. Conflicts may arise, but this allows children to negotiate and problem solve.
- Provide opportunities for participation in large group activities with an adult giving direction or instruction.

