

## HOW CAN I HELP - NOW AND THROUGHOUT KINDERGARTEN?

**Read to your child daily** - research has shown that children who learn to read easily have one thing in common. They have been read to from a very young age. Parents can convey the importance of reading to children by reading with them and to them, and showing them how reading can provide enjoyment. Let your child sit beside you so that words can be pointed out. Encourage your child to tell you what might happen next. If you are interested and enthusiastic about books and reading, your child will be too.



**Give your child simple instructions to follow:** e.g. “Put it on.. (or beside or under), or “Please bring the big, fuzzy, yellow teddy bear”.

**Help your child accept emotions** - anger, sadness, happiness, loneliness - and learn to live with them. e.g. show empathy. Let your child know that everyone, including adults, experiences these feelings. To feel anger is all right, but it is not all right to take out your anger by hitting someone else.

**Give your child a wide variety of experiences:** e.g. show where you work, or visit grandparents, aunts, uncles, cousins, friends. Go to the park, art gallery, shopping, bank, dentist, doctor, etc.

Help your child learn to pump a swing, swing a bat, hop, skip, and jump.

Help your child determine and remember left and right.

**Help your child learn the importance of good manners** (table and social) e.g. “please”, “thank you”, “excuse me”, “you’re welcome”.

Allow your child to initiate activities.

Help your child learn to finish tasks.

**Give your child small jobs around the house:** e.g. setting the table, putting toys away, putting out clean towels in the bathroom, etc. Some reasons for doing this are: teaching the child to accept responsibility, letting the child feel useful and training the child to follow directions.

Allow your child the opportunity to bake and prepare food with you.

**Let your child take short trips with you** - to the mailbox, store, or the neighbours. Research has shown that the important thing about these outings is that you talk with your child about what is going on at the time. It is not necessary to talk down to your child or use “baby talk”.

## HOW CAN I HELP - NOW AND THROUGHOUT KINDERGARTEN? Continued....

*Help your child learn full name, address, telephone number and birth date.*

*Give instruction in appropriate toilet and bathroom habits.*

*Teach your child how to dress and undress using buttons, zippers, buckles and laces, and how to hang up clothing.*

**Encourage the development of curiosity** by being curious yourself, by answering your child's questions, and/or helping your child find answers.

*Allow and encourage your child to plan some time of his own without parental guidance.*

*Prepare your child to cope with both winning and losing.*

*Allow your child to try several times to accomplish a task before helping.*

*Encourage your child not to run to you at every step as he does a task.*

*Speak with your child and encourage the use of full sentences. Verbalizing everything you do increases your child's vocabulary and understanding.*

### **Encourage imagination...**

*Allow your child to take some risks, to pursue his/her curiosity and to deal with change.*

*Allow your child to make choices and accept consequences.*

*Establish limits.*

*Watch TV with your child and talking about what is going on. Is it "real" or "make believe"?*

*Sort objects into categories.*

**Talk about the sequence of things.**  
*e.g. what do we usually do next or what happened first in the story, etc....*

