

Getting Ready For Kindergarten



A Guide for Parents

Acknowledgements

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our booklet

and

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www.headstartinfo.org.



The Partnership for Children of Wayne County, Inc.
800 N. William St.
Goldsboro, NC 27530
(919) 735-3371 fax (919) 735-3194
e-mail: pfcw.org
visit us on the web: www.pfc.org



Dear Parents,

Kindergarten is a major turning point in the lives of children and parents alike. It is important to remember that the early school experience has lasting effects on children in regard to their attitude about school, their self-esteem and their achievements.

Fortunately, the best person to ensure that your children arrive at school ready to succeed is you! Becoming involved in your children's educational process early in life will assist them in making a smooth transition into kindergarten.

The attached information is designed to help you prepare your children for their school experience. If you have additional questions or desire more information about school readiness, please feel free to contact our office.

Sincerely,

Valerie Wallace

Valerie Wallace
Director of Early Care and Education
Partnership for Children of Wayne County, Inc.

Planning for a Smooth Transition



The transition to kindergarten is respected as a major milestone not only for the child, but for his family as well. The attitude toward school and learning that the child carries with him for life is often determined by this very first experience with school.

A smooth transition to kindergarten can help make sure your child is successful in school. It is essential then that parents, child care providers, and kindergarten teachers work closely together to minimize the negative aspects of the transition to kindergarten. Doing so provides lasting benefits for all involved.

Benefits for Children:

- Improved self-confidence
- Better relationships with other children and adults
- Greater trust between teachers and children
- Increased motivation and openness to new experiences
- Enhanced continuity with earlier educational experiences

Benefits for Parents:

- Increased confidence in their children's ability to achieve in the new setting
- Increased commitment to their ongoing involvement in the educational process
- Improved self-confidence in their own ability to communicate with educational staff and to effectively influence the educational system

Benefits for Teachers:

- Increased knowledge of the children and an enhanced ability to meet individual needs
- Increased parental and community support
- More resources and a large network of professional support
- Professional pride in their efforts to reach out to young children and their families



Adapted from "Easing the Transition from Preschool to Kindergarten: A Guide for Early Childhood Teachers and Administrators" - Head Start Information Publication Center, NC Partnership for Children

The Kindergarten Experience

Preschools and kindergarten classes have much in common. The kindergarten experience will build upon what your children have learned in preschool.

Both preschool and kindergarten children learn best by:

- Actively exploring their environment through “hands-on” experiences
- Using concrete materials and participating in activities that are relevant to their own experiences and culture; and
- Building upon their natural curiosity and desire to make sense of the world around them

Both preschool and kindergarten children are learning how to:

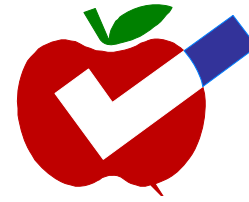
- Use their bodies and express themselves through physical activities
- Solve problems and experiment with change
- Develop an understanding and acceptance of themselves as individuals
- Gain more self control and build cooperative relations with others
- Communicate their thoughts and feelings as effectively and creatively as possible

Some differences between kindergarten and preschool are:

- Settings are different (more stimulating and academic) than the child care center or preschool
- Group size may be larger
- Schedules may be more rigid
- Home assignments are given (these vary from school to school)



Adapted from “Easing the Transition from Preschool to Kindergarten: A Guide for Early Childhood Teachers and Administrators” - Head Start Information Publication Center



Are Your Children Ready For School?

Readiness Checklist

Personal Needs

Without help, can they

- Put on and take off coat?
- Tie their own shoes?
- Recognize their own possessions?
- Eat unassisted?
- Blow their nose and cover a sneeze?
- Use the toilet?
- Wash their hands?
- Snap, button, zip, and buckle?
- Sit at a table to eat?
- Use silverware?
- Put away toys when asked?

Social Skills

Can they

- Listen to an adult and follow simple instructions?
- Cooperate with other children?
- Play with other children without hitting or biting?
- Sit for short periods of time?
- Follow rules?
- Follow simple two-step directions?

Intellectual Skills

Do your children

- _____ Sit and listen to a story?
- _____ Hold a book upright and turn pages from right to left?
- _____ Know their first and last name?
- _____ Know their parents' names?
- _____ Know their telephone number?
- _____ Know their birthday?
- _____ Tell and retell familiar stories?
- _____ Know colors, shapes and sizes?
- _____ Willingly complete a task?
- _____ Know a nursery rhyme?
- _____ Recognize at least ten letters of the alphabet?

Health Needs

Have they

- _____ Had all required immunizations?
- _____ Had a recent health check-up?
- _____ Received medical care when they were sick?
- _____ Received dental check-ups?
- _____ Eat at regular times daily?
- _____ Learned to run, skip, jump, climb?



School Readiness Activities

Children learn many new skills during the kindergarten experience. Below is a list of activities that you and your children can work on together to better prepare them for school.

- Saying body parts
- Saying (not singing) the ABC's
- Knowing the names of parents and other family members
- Holding scissors appropriately
- Knowing how to button, snap, and zip zippers
- Knowing birth date and age
- Recognizing and writing first name (remember-use capital letter for the first letter in a name.) M-a-t-t, not M-A-T-T
- Recognizing basic shapes (circle, square, triangle, and rectangle)
- Counting 0-10
- Saying address and phone number
- Talking about school as a positive experience





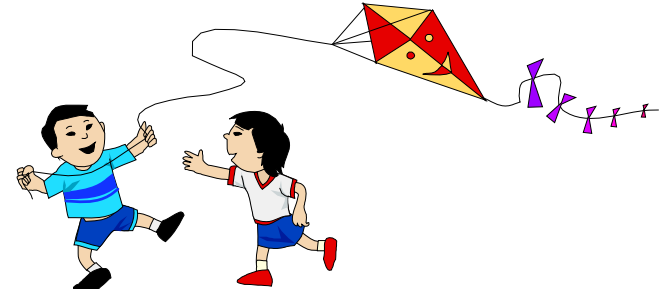
21 Ways to Prepare Your Children for Kindergarten

- Provide opportunities for rigorous physical activity everyday.
- Establish a bedtime for 8 or more hours of sleep each night.
- Make certain your children have all required immunizations and a current health check-up.
- Help your children become independent in dressing, eating, and personal hygiene.
- Interact frequently with your children by talking, listening, questioning, and .
- Take your children to a variety of places such as the library, park, post office, museums and grocery store.
- Provide toys, games and household objects that encourage dramatic play, manipulation and exploration.
- Provide opportunities to play with other children.
- Teach your children socially acceptable ways to disagree.
- Encourage social values such as helpfulness, cooperation, sharing and concern for others.

- Demonstrate common expressions of courtesy and praise your children for using them.
- Establish reasonable limits for behavior and hold your children to them.
- Work often with your children on different skills to encourage small muscle development, eye-hand coordination and creative expression.
- Talk with your children about your family, your culture, and your values.
- Provide opportunities for your children to learn about other cultures in your community.
- Encourage work values such as effort, persistence and initiative.
- Read to your children everyday. Talk about the story and pictures.
- Expose your children to good literature. Provide books, magazines and other printed materials for your children to handle.
- Provide opportunities to play games that recognize and identify numbers.
- Provide your children with pens, pencils, markers and paper. Encourage writing and scribbling.
- Be consistent!



Adapted from *Getting Your Child Ready: KINDERGARTEN The Adventure!* Larry Fields, Ph.D., Laverne Gaither, Linda Hill, Paulette Marshall, Janice McLendon



Social Development

Supporting children's developing self-concept and sense of positive self-esteem is an important task for parents and teachers of young children. Children can become discouraged quickly if they experience repeated disapproval, failure, or frustration.

Preschoolers are capable of engaging in cooperative play with other children and forming real friendships. In order to develop these social skills, children need coaching and guidance in order to maintain appropriate behaviors with others.

Important social skills include:

- Using words instead of being physical when angry
- Following simple directions
- Speaking clearly so an adult can understand
- Playing with other children
- Going to the bathroom without help
- Asking questions about things around them
- Enjoying having books read aloud to them
- Telling a story about a past event
- Talking using complete sentences
- Expressing feelings and needs
- Dressing and eating with minor supervision



Reading Readiness

Prior to kindergarten, children typically learn the concepts of reading through games and activities. Many of these skills are learned through modeling.

By age five most children know:

Book Basics

- Front of a book
- Back of a book
- Reading the left-hand page before the right-hand page
- Holding a book and turning the pages
- Title
- Author

Procedures

- Where to start reading on the page
- Reading left to right
- Return sweep
- Page sequence

What They See

- Difference between a letter, a word, and a sentence
- Spaces between words
- Punctuation (period, question marks, exclamation mark, comma, quotation marks)
- Letter recognition (upper and lower case)

Getting Your Child Ready: KINDERGARTEN The Adventure! by Larry Fields Ph.D., Laverne Gaither, Linda Hill, Paulette Marshall, Janice McLendon

Math Readiness

Math concepts can be a part of your children's daily experiences. Children are always categorizing, comparing, ordering, numbering, and counting.



Children in kindergarten will learn to:

- Observe page numbers
- Compare sizes: *big, little, middle-sized*
- Observe position in space: *up/down, over/under, in/out, beside/between*
- Use number words in order: *first, second, third*

Ask questions that focus on print concepts that include counting:

- How many letters in a word
- How many words in a line
- How many words in a sentence
- How many times a word is written on a page

The development of number concepts - classifying, ordering, counting and time and space relationships- is directly related to children's ability to perform mathematical tasks throughout their school years and the rest of their life. It is important to help your child feel confident in dealing with number tasks.

Here are some ways you can facilitate math readiness:

- Let your children set the table: *How many forks do you need? How many plates are on the table?*
- Provide opportunities to put away groceries
- Provide opportunities to compare objects: *color of socks, size of food containers*
- Set up a routine or sequence for personal care
- Provide objects or toys for play

Adapted from *Getting Your Child Ready: KINDERGARTEN The Adventure!* Forsyth Early Childhood Partnership, Larry Fields, Ph.D. Laverne Gaither, Linda Hill, Paulette Marshall, Janice McLendon

Science Readiness

As children mature, they naturally become more curious about their environment and begin to interact with their surroundings. This is the best time to introduce them to science. Rich sensory experiences (seeing, tasting, touching, hearing, and smelling) can help children become even more observant and curious about the world around them.

Experience and research show that young children are excited about science when they are given the chance “to do” science. Hands-on science experiences, along with conversations about what is occurring, are the most useful for developing children’s science process skills.

Exploring the characteristics of objects and living things can help children learn how to classify or group things based on their characteristics. These experiences go beyond improving science skills to improving reading skills, language skills, creativity and attitudes toward science. Many skills that help your children succeed in science also help in everyday life.

You should encourage your children to ask questions. If you cannot answer all the questions, that’s all right. No one has *all* the answers! Children don’t need or expect lengthy, detailed answers to all their questions.

Science skills include:

- Observing what is happening
- Predicting what might happen
- Testing predictions under controlled conditions
- Trying to make sense of observations



Adapted from *Doing Science With Your Children* by Peter Rillero and *Getting Your Child Ready: KINDERGARTEN The Adventure!* by Larry Fields, Ph.D., Laverne Gaither, Linda Hill, Paulette Marshall, Janice McLendon

Science in the Home and Community



There are many activities you can do with your children to help them develop skills related to science.

Some suggestions are:

- Introduce your children to stimulating environments. Oceans, parks, airports, kitchens, and backyards offer chances for observing and discussing science.
- Become involved in your children's science interest. Identify aspects of science that your child enjoys. If dinosaurs intrigue him, read dinosaur books, visit museums, and watch a video about dinosaurs.
- Seize the teachable moments. If your child shows an interest in flowers, talk about it. You can follow-up by planting flowers and watching them grow.
- Provide hands-on experiences. Give children the chance "to do" science. Activities should challenge, but not overly frustrate.
- Share your science interests. Do activities together.
- Bridge from the media, using what your children see on television to open up science opportunities.
- Set aside time for discussion.

Adapted from *Doing Science With Your Children* by Peter Rillero and *Getting Your Child Ready: KINDERGARTEN The Adventure!* by Larry Fields, Ph.D., Laverne Gaither, Linda Hill, Paulette Marshall, Janice McLendon



Summer Reading List

Reading aloud together is a wonderful way to create a love of reading in your children and it will help them become better readers.

Try these reading tips:

1. Encourage your child to read to others.
2. After reading a story together, discuss with your child what happened at the beginning, middle and end of the story.
3. Ask your child open-ended questions about the story, such as “What do you think would happen if....”
4. Identify the author and illustrator of the story.

Below is a list of books that you and your child may enjoy.

Rhyme, Rhythm and Song

- *Brown Bear, Brown Bear, What Do You See?* by Bill Martin Jr. and Eric Carle
- *Silly Sally* by Audrey Wood
- *Five Little Monkey's Jumping on the Bed* by Eileen Christelow
- *We're Going on a Bear Hunt* by Michael Rosen and Helen Oxenbury
- *It's Raining, It's Pouring* by Kim Eagle

Summer Reading List (cont.)

Counting

- *One Duck Stuck* by Phyllis Root
- *While You Were Sleeping* by John Butler
- *Barn Cat* by Carol Saul
- *Spots Counting Creatures* by Carolyn Lesser

Alphabet

- *Chica Chicka Boom Boom* by Bill Martin Jr.
- *ABC* by Flora McDonnell
- *Miss Spider's ABC* by David Kirk
- *The Handbook Alphabet* by Laura Rankin

Separation, Fears and Death

- *Mamma and Daddy Bear's Divorce* by Cornelia Spelman
- *Stellaluna* by Janell Cannon
- *When Mama Comes Home Tonight* by Eileen Spinella
- *A Dog Like Jack* by Dyanne DiSalvo-Ryan
- *The Kissing Hand* by Audrey Penn

Science

- *The Great Kapok Tree* by Lynne Cherry
- *Sweet Dreams* by Kimoko Kajikawa
- *Have You Seen Bugs?* By Joanne Oppenheim
- *Fish Wish* by Bob Barner

Animal Stories

- *Wiggle Waggle* by Johnathan London
- *Who Hops?* by Katie Davis
- *If You Give A Pig a Pancake* by Laura Numeroff
- *Snuggle Wuggle* by Johnathan London



**Wayne County Public Schools
2001 E. Royall Ave.
Goldsboro, NC 27530
731-5900**

Brogden Primary
2253 Old Mt. Olive Hwy.
Dudley, NC 28333
705-6020

Carver Heights
411 Bunch Drive
Goldsboro, NC 27530
731-7222

Fremont Elementary
101 Pine St.
Fremont, NC 27830
242-3410

Meadow Lane Elementary
3500 E. Ash Street
Goldsboro, NC 27530
751-7150

Northeast Elementary
4665 NC 111 North
Pikeville, NC 27863
705-6030

Rosewood Elementary
126 Charles Braswell Road
Goldsboro, NC 27530
705-6040

Spring Creek Elementary
1050 St. Church Rd.
Goldsboro, 27530

Carver Elementary
400 Old Seven Springs Rd.
Mt. Olive, NC 28365
658-7330

Eastern Wayne Elementary
1271 New Hope Rd.
Goldsboro, NC 27534
751-7130

Grantham Elementary
174 Grantham School Rd.
Goldsboro, NC 27530
689-5000

North Drive
1108 North Dr.
Goldsboro, NC 27534
731-5950

Northwest Elementary
1769 Pikeville Princeton Rd.
Pikeville, NC 27863
242-3419

School Street School
415 S. Virginia St.
Goldsboro, NC 27530
731-5960

Tommy's Rd. Elementary
1150 Tommy's Rd.
Goldsboro, NC 27534
736-5040

Dillard Academy Charter School
504 West Elm Street
Goldsboro, NC 27530
581-0128

Wayne County Private Schools

Carter Christian
118 S. Berkeley Blvd.
Goldsboro, NC 27534
759-2002

Faith Christian Academy
1200 W. Grantham St.
Goldsboro, NC 27530
734-9590

Pathway Christian Academy
1406 Shamrock Ave.
Goldsboro, NC 27530
735-9176

Pineview Baptist Kindergarten
3357 US 117 Hwy.
Goldsboro, NC 27530
736-2570

St. Mary's Catholic School
1601 Edgerton St.
Goldsboro, NC 27530
731-1931

Summit Christian Academy
3000 Summit Rd.
Goldsboro, NC 27534
759-2002

Wayne Christian
1201 Patetown Rd.
Goldsboro, NC 27530
7336-5605

Wayne Country Day School
480 Country Day Rd
Goldsboro, NC 27530
736-1045

Wayne Montessori School
.900 S. Harding Dr.
Goldsboro, NC 27534
778-0022



In North Carolina, you will need the following to enroll your child in school:

- ◆ A birth certificate showing your child turns five on or before October 16
- ◆ A current kindergarten assessment report (a physical signed by a doctor)
- ◆ A shot record from a doctor or health department. These are required shots:
 - Diphtheria, Tetanus, and acellular pertussis (DPT-DtaP or DT)
 - Polio vaccine (IPV or OPV)
 - Measles, Mumps and Rubella (MMR)
 - Haemophilus Influenza (Hib)
 - Hepatitis B

- ◆ 2 forms of Proof of residency (phone bill, electric bill)

Parents will need to register their child in the district in which they live!

