

4-5
year olds

Preparing for Kindergarten Success



You'll be amazed!

What does my child need to know?

This book will help you prepare your child for what they will need to be successful in kindergarten. If your child does not know some of these things that is ok; they will grow in leaps and bounds over the next year. This book will guide and provide you with activities and learning opportunities that you and your child can do together.

This book will review the different skill areas to work on with your child. Each section will provide activities to do and explain why it is important for your child to build these skills. **REMEMBER** each child develops differently, so while one child may excel in one area, another may struggle this does not mean that your child is behind. If you have concerns about your child's development please speak with your child's doctor or call Willamette Education Service District at 503-588-5330.



Connect with your local school.

It is never too early to connect with your local elementary school. They offer various events throughout the year such as literacy, movie, math, and engineering nights. You can also attend the Parent Teacher Club meetings to learn what is being planned for when your child starts school. Many schools have open house events prior to the start of school. Be sure to check with your local school's webpage or call the school to learn more about the what is happening.

Parent Self-Care

Parenting can sometimes be overwhelming. Balancing the demands of work, child care, financials, and emotional stress, may be all you can handle. Support and small adjustments, can help you prepare your child to realize their potential and to do well in school and life. There may be days when you may not shower, skip meals, or have a sleepless night. Without a healthy and happy parent, your children will miss out on the opportunity to get the best care possible.

DO YOU TAKE CARE OF YOUR CREATIVE AND SPIRITUAL SELF?

- Give yourself quiet time for self-reflection
- Attend local place of worship
- Write in a journal
- Spend time out in nature
- Enjoy a hobby or learn

DO YOU TAKE CARE OF YOUR MENTAL AND EMOTIONAL SELF?

- Spend time and stay in touch with friends and family
- Express emotions, allow yourself to cry, and talk about feelings
- Find activities that make you happy or relaxed

DO YOU TAKE CARE OF YOUR PHYSICAL SELF?

- Eat regular healthy meals
- Get exercise, short walks or yoga
- Receive regular, preventive medical care
- Sleep enough, nap when baby is napping
- Take time away from the phone, email, and or technology
- Spend time outdoors in fresh air and natural light

FOR INFORMATION ABOUT PARENTING SEMINARS AND HOW TO SIGN UP, VISIT MIDVALLEYPARENTING.ORG AND OTHER RESROUCES IN THE BACK OF THIS BOOK

REMEMBER: You are not alone. There are people and resources available to make it easier. IT IS OKAY TO ASK FOR HELP!

Resources

Mid-Valley Parenting

Parent information, education,
and resources

182 SW Academy St, Suite 220

Dallas OR 97338

<http://www.midvalleyparenting.org>

503-623-9664
ext 2368

211 Information

Childcare/ Preschool information

<https://www.211-info.org>

211

Women, Infants and Children (WIC)

Polk County WIC Office

182 SW Academy St, Suite 302

Dallas OR 97338

<http://www.co.polk.or.us/ph/wic-women-infants-children>

(503)623-8175

Family Building Blocks (Playgroups and Respite Care)

Gracie's Place

1135 Edgewater St. NW

Salem, OR 97304

<https://www.familybuildingblocks.org/>

(503)363-3057

Academy Building

182 SW Academy St. Ste 110

Dallas, OR 97338

<https://www.familybuildingblocks.org/>

(503) 877-8473

Oregon Child Development Coalition

Early Head Start and Head Start
Migrant programs and Migrant
season programs

535 G Street

Independence OR 97351

<http://www.ocdc.net/>

(503) 838-2745

Community Action Early Head Start and Head Start

273 Southwest River Drive,

Dallas OR 97338

http://www.mwvcaa.org/CAHS/CAHS_home.html

(503) 581-1152

246 I Street

Independence OR 97351

http://www.mwvcaa.org/CAHS/CAHS_home.html

(503) 581-1152

Grand Ronde Early Head Start

Early Childhood Education

Grand Ronde, Oregon, 97347

<http://www.grandronde.org/departments/education/early-childhood-education/>

1-800-422-0232
ext. 2287

Dallas School District

Lyle Elementary School 185 SW Levens St, Dallas	http://lylelibrary.weebly.com/	503-623-8367
Oakdale Heights Elementary School 1375 SW Maple St, Dallas	http://www.oakdaleheightselementary.com/	503-623-8316

Central School District

Independence Elementary School 150 S 4th St, Independence	http://iespioneers.com/	503-838-1322
Ash Creek Elementary School 1360 16th St N, Monmouth	http://aceseagles.com/	503-606-3666
Monmouth Elementary School 958 E Church St, Monmouth	http://mesdolphins.com/	503-838-1433

Falls City School District

Falls City Elementary School 111 N Main St, Falls City	http://www.fallscityschools.org/	503-787-3521 ext. 201
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Perrydale School District

Perrydale School 7445 Perrydale Rd, Amity	http://www.perrydale.k12.or.us/	503-623-2040
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Salem-Keizer School District (West Salem schools only)

Brush College Elementary School 2623 Doaks Ferry Rd NW, Salem	http://brushcollege.salemkeizer.net/	503-399-3132
Myers Elementary School 2160 Jewel St NW, Salem	http://myers.salkeiz.k12.or.us/	503-399-3175
Kalapuya Elementary School 2085 Wilmington Ave NW, Salem	http://kalapuya.salemkeizer.net/	503-399-2110
Harritt Elementary School 2112 Linwood St NW, Salem	http://harritt.salemkeizer.net/	503-399-3457

Willamina School District

Willamina Elementary School 1100 Oaken Hills Dr, Willamina	http://www.willamina.k12.or.us/	503-876-2374
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Social and Emotional Skills

Helping your child develop their social and emotional skills will prepare them to be able to move throughout the school day with ease. It will also allow them to make friends, express their feelings, and become more independent.


Here is a list of things that your child should develop over the next year or two. Again, if your child does not have these skills **there is no need to worry; REMEMBER each child develops differently.** If you have concerns about your child's development please speak with your child's doctor or call Willamette Education Service District at 503-588-5330.

Your child:

- Uses words instead of being physical when angry. Expresses feelings and needs.
- Speaks clearly so an adult can understand him/her. Talks in sentences.
- Plays well with other children.
- Follows simple two-step directions. Examples: close the door and bring me your shoes; cover your eyes and count to ten; pick up your toys and put them in the box.
- Goes to bathroom by him/herself.
- Waits his/her turn and shares. Says, "please" and "thank you."
- Asks questions about things around him/her.
- Enjoys having books read to him/her.
- Can tell a story about a past event. Example: Yesterday my Mom and I went to the store and picked up some milk so that I can drink milk with my dinner. When we got home I had a big glass of milk and it tasted so good.
- Can spend extended periods of time away from Mom, Dad, or guardian.
- Knows his/her full name, age, address, telephone number and Mom, Dad, or guardian's first name.
- Open and close backpack and put on cold weather clothing by him/herself.
- Raises hand, not interrupting when wanting to speak

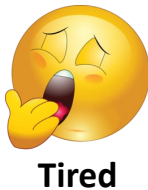
Create a Smiley Chart

Create a chart to help remind your child of appropriate behaviors that they will need in kindergarten. Draw a smiley face in the appropriate box every time your child successfully completes a task.

Says "Please" and "Thank You"	Covers mouth when coughing or sneezing.	Uses bathroom independently.	Washes hands.	Listens to adults or completes a chore.	Gets dressed without help.
					

Help your child recognize feelings.

Recognizing how people feel is important for your child in kindergarten so that they can tell when someone is happy, upset, frustrated, or angry. Uses different pictures to help teach your child how people may look when they are feeling a certain way. Challenge your child by finding faces from actual people to help them better associate the feeling with the face. Here are some basic faces to get you started.



Math Skills

Many parents and guardians are unsure how they can help their child develop math skills. This is an area where we often think of math as $1+1=2$; however, math is much more than that.

Here are some conversation starters to help teach your child math:

- “How many crackers do you think I gave you?” “15?” “Ok, let’s count them and see how close you were.”
- After measuring the height of your child, have them guess how tall you are. Then measure and check.
- Count wheels, doors, and other parts on the car. “How many things are there 4 of?”
- Have your child help put groceries away. “Can you arrange the cans with the tallest ones in the back and the shortest ones in the front?”
- While shopping for produce, count how many you put in the bag.
- Have your child sort things like coins, blocks, or shapes by the different sizes or colors.
- When out and about have your child point out all of the numbers they see.

Number Identification

Many children learn to count out from 1 to 11 from memory, but when they are asked to identify the numbers out of order they are unable to recognize the numbers. To help your child learn to identify the numbers it is important for them to learn them out of order. Have your child practice by pointing to the following numbers and identifying them.

2 7 1 9 4 10

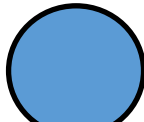
8 5 3 0 6 11

Color and Shape Recognition

Children going into kindergarten should be able to recognize all of the primary colors and shapes. If your child has a difficult time recognizing colors like red, green, and orange you may want to talk with their doctor and have them tested for color-blindness. Randomly point to the following objects with your child to help your learn the colors and shapes.



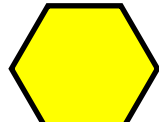
Rectangle



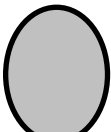
Circle



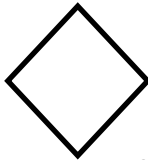
Triangle



Hexagon



Oval



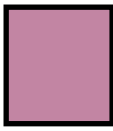
Diamond



Heart



Triangle



Square



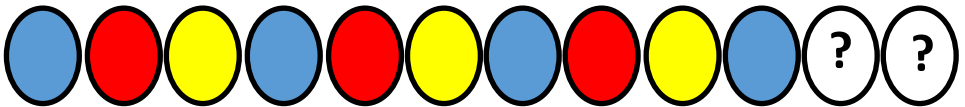
Plus



Crescent

Creating Sequences

One of the skills that your child will develop during kindergarten is being able to tell what comes next in a sequence. You can help your child develop this skill by lining up things like coins, shapes, or blocks and ask them what they think will come next. Here are some sequences to help you begin.



Reading Skills

Your local libraries are a great place to get fun and silly books to read with your children. Reading with your child is a great way to help them learn as well as prepare them for school. Sit down and read with them for at least 20 minutes a day. If they can't be still and pay attention for that long start with five or ten minutes and work your way up.

Ask your local library about story times, summer reading programs, and other fun activities. These can be a great benefit for your child to help prepare them for kindergarten.

Polk County Libraries

Independence Public Library 175 Monmouth St, Independence	http://www.ci.independence.or.us/library	503-838-1811
Monmouth Public Library 168 Ecols St S, Monmouth	http://www.ci.monmouth.or.us/	503-838-1932
Dallas Public Library 950 Main St, Dallas	http://www.ci.dallas.or.us/102/Library	503-623-2633
Wagner Community Library 111 N Main St, Falls City	https://www.facebook.com/ WagnerCommunityLibrary	503-787-3521 ext 319
West Salem Public Library 395 Glen Creek Rd NW, Salem	http://www.cityofsalem.net/Departments/ Library/Pages/home.aspx	503-588-6315
Amity Public Library 307 Trade St, Amity	http://www.ci.amity.or.us/	503-835-8181
Sheridan Public Library 142 NW Yamhill St, Sheridan	http://www.cityofsheridanor.com/library	503-843-3420
Willamina Public Library 382 C St, Willamina	http://willamina.ccrs.org/	503-876-6182
Confederated Tribes of Grand Ronde Library	http://www.grandronde.org/departments/ education/library/	800-422-0232 or 503-879- 5211

Here is a list of books that are great to prepare your child for kindergarten.

The Night Before Kindergarten	Natasha Wing
Kindergarten Rocks	Katie Davis
Countdown to Kindergarten	Alison McGhee
Miss Bindergarten Gets Ready for Kindergarten	Joseph Slate
First Day Jitters	Julie Danneberg
The Kissing Hand	Audrey Penn
Welcome to Kindergarten	Anne Rockwell
Wemberly Worried	Kevin Henkes
Look Out, Kindergarten, Here I Come!	Nancy Carlson
The Berenstain Bears Go to School	Stan and Jan Berenstain

Encourage Reading

Here are some ways you can help build your child's reading skills:

- As you read together, point to letters and words on the page.
- Read with your child in the language you know best.
- Read signs while you go for a walk or are driving in the car with your child.
- Read menus with your child at a restaurant.
- When you see it, point out the first letter of your child's name.
- When you are reading with your child ask them what they think will happen next in the story before moving onto the next page.
- Encourage your child to "read" the story to you. It is ok if the words are not right and they are just basing the story on the pictures.
- Make sure you have books and magazines in your home. Go to the library regularly to check-out new books.

Letter Identification

Many children learn the alphabet through the ABC song; however, when they are asked to identify the letters they are unable to recognize them. To help your child learn to identify letters it is important for them to learn them out of order. Have your child practice by pointing to the following letter and have them identify them.

N V M B C X L K

J H G F Z A Q I

W E R T Y U O

P S D

Now have your child randomly identify lower case letters.

z s p o a l u k

j h g f d y i x

t r c b e m w q

v n

Rhyming Words

Rhyming is a skill that varies in development with children. By the time your child completes kindergarten they will most likely have developed rhyming. To help your child develop this skill have them look at the pictures below and match the rhyming words. Ask them if they can think of another rhyming word for each pair?



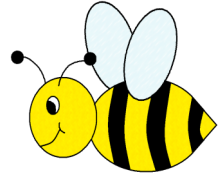
Fan



Tree



Clock



Bee



Sock



Pail



Nail



Can

Here are some great rhyming books.


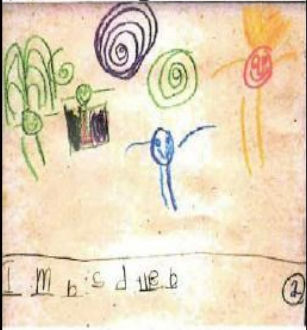



Goodnight, Goodnight Construction Site	One Fish, Two Fish, Red Fish, Blue Fish
Chicka Chicka Boom Boom	Cat in the Hat
We Go Together	Goodnight Moon
Giraffes Can't Dance	Brown Bear, Brown Bear
There's a Wocket in my Pocket	Illama Illama Red Pajama
How Big is a Pig?	Horton Hears a Who!
Bear Snores On	Silly Sally
Hop on Pop	It's Hard to be Five
Snowmen at Night	Commotion in the Ocean

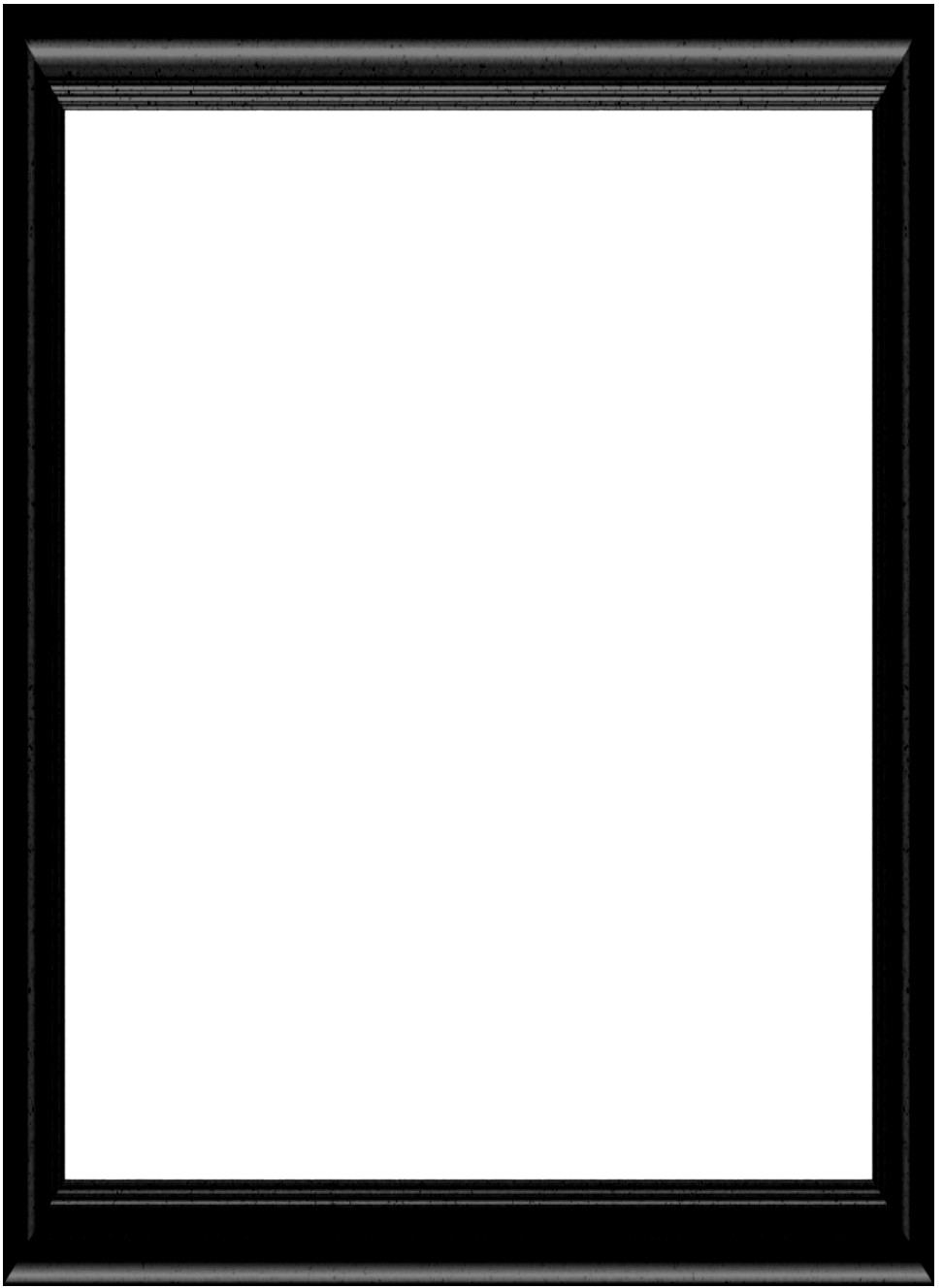
Writing Skills

Writing is an area that will develop quickly during kindergarten. In order to help you understand the different writing stages a child goes through, we have provided you with writing samples from children.

Help encourage your child to write by having crayons, markers, colored pencils, and paper in your home. Scribbling leads to writing, so be sure to give your child plenty of time to scribble and draw. Let your child see you write in the language you know best.

REMEMBER, each child develops differently so try not to compare your child's writing to another child's. If you have concerns about your child's writing you can speak with your child's teacher or contact Willamette Education Service District at 503-588-5330.

<p>Kindergarten:</p> <p>Writing Rubric Samples</p>	<p>(1) Pre-Writer</p>  <p><i>A road</i></p>	<p>(2) Emergent Writer</p>  <p><i>I am beside the ball.</i></p>
<p>(3) Developing Writer</p>  <p><i>I play with my mom.</i></p>	<p>(4) Capable Writer</p>  <p><i>I watch T.V. with my family.</i></p>	<p>(5) Proficient Writer</p>  <p><i>I play with my dad outside playing football. We play at night!</i></p>



Have your child draw a picture of themselves here.

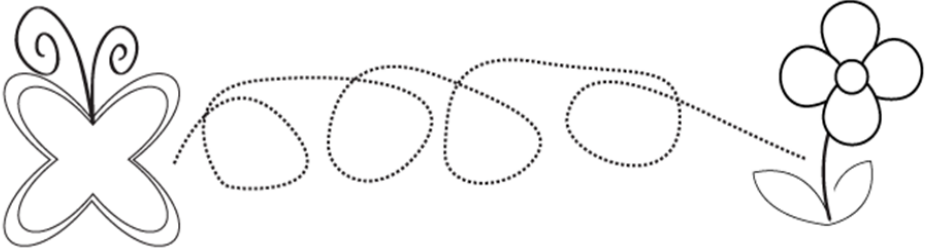
Practicing Writing

There are many ways that you can support writing with your child at home. Here are some ideas:

- Practice writing letters and numbers by taking a tray or low box and putting sand in it. Have them use a stick or a pencil or their fingers to write letter and numbers in the sand. Then smooth it out and do more!
- Write shopping lists with your child.
- Have magnetic letters on your refrigerator to help your child recognize the letters, develop words, and trace the letters with their fingers.
- Another fun way to practice writing is to spray a window or table with foam shaving cream. Have your child spread the shaving cream with their hands and “write” their name, letters, or draw pictures. They can “erase” what they have done and practice more. When they are finished give them a damp cloth to clean-up. You will have a clean window or table and your child will have a fun way to practice writing.
- Write or draw on the sidewalk with chalk or with a paint brush and water.
- Keep paper and crayons in your car so that your child can practice writing and drawing when they are away from home and on long trips.

Tracing

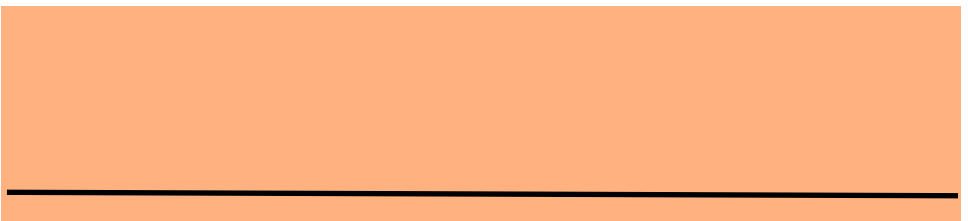
Have your child practice tracing the different lines.



Have your child practice tracing the letters.

A	A	A	A	A	N	N	N	N	N
B	B	B	B	B	O	O	O	O	O
C	C	C	C	C	P	P	P	P	P
D	D	D	D	D	Q	Q	Q	Q	Q
E	E	E	E	E	R	R	R	R	R
F	F	F	F	F	S	S	S	S	S
G	G	G	G	G	T	T	T	T	T
H	H	H	H	H	U	U	U	U	U
I	I	I	I	I	V	V	V	V	V
J	J	J	J	J	W	W	W	W	W
K	K	K	K	K	X	X	X	X	X
L	L	L	L	L	Y	Y	Y	Y	Y
M	M	M	M	M	Z	Z	Z	Z	Z

Have your child practice writing their first name.



Fun and Easy Art Projects



What you need

- White glue
- Liquid watercolors (or Food Color and water)
- Ice cube tray
- Pencil
- Table salt
- Pipettes /droppers (or a paint brush)
- Card stock or thin cardboard
- A tray or baking pan

Steps

1. Write on paper with glue.
2. Pour salt over glues so all of it is covered- shake excess off paper.
3. Drip food coloring over the glue to see colors appear.

Use ice tray to add food coloring and water together, transfer from ice cube tray to salt/glue using dropper

Melting Ice with Watercolors



What you need

- Cake pan
- Salt
- Food coloring or water colors
- Paint brushes, small spoons
- Ice cube tray
- Bowl of warm water
- Shallow baking dish
- Plastic tablecloth or towels (to protect work area)

Steps

1. Make ice in freezer before experiment.
2. Pour salt over ice.
3. Let children paint from ice tray full of water colors or food coloring.
4. Watch ice melt and colors spread.

Puffy Painting

What you need

- 1 tbsp self-rising flour
- Food coloring
- 1 tbsp salt
- Little bit of water (start with 1/4 tsp per color)

Steps

1. Combine your flour and salt in a small bowl. Add a little bit of water and stir until you get a smooth, thin paste (about the same consistency of stirred yogurt). Add your food coloring, and mix well.
2. Paint onto card stock or cardboard.
3. Put in microwave for 30 seconds and watch it rise!



Let your child use different size brushes to make smaller and bigger lines.

Let your child paint with water on a blank piece of paper. You can also go outside and let your child paint on the sidewalk, walls or fence with water. It is fun to paint and watch the water disappear!



Play Dough Recipe

What you need	Steps
<ul style="list-style-type: none">• 1/2 cup water• Food coloring• 1 cup flour• 1/2 cup salt	<ol style="list-style-type: none">1. Add water and food coloring to a bowl and mix together.2. Stir salt and flour into the bowl to mix with colored water3. Once dough clumps together, form into a ball <p><i>If dough is too sticky, add in a little extra salt and flour</i></p>



Playing with each substance will help with sensory skills.



Oobleck

What you need	Steps
<ul style="list-style-type: none">• 1/2 cup cornstarch• 1/4 cup water• A couple of drops of food coloring	<ol style="list-style-type: none">1. Add the food coloring to water.2. Put the cornstarch in cup, bowl, or tray.3. Stir the water into cornstarch.4. Play with oobleck! Let it drop off your fingers, but then watch as you can form a ball with it.5. Is it a solid or a liquid?

Screen Time Recommendations

Birth to 18 months

Avoid all screen media—phones, tablets, TVs and computers. It's okay to video chat with grandparents and far-away friends.



18 months to 2 years

It's okay to introduce young children to high-quality children's media if you watch it with them and help them understand what they're seeing.



2 to 5 years

Limit screen use to one hour a day of high-quality programs designed for children. Watch with your children; explain what they are seeing and how it applies to the world around them.



REMEMBER:

- Your child learns best through their interactions in the real world.
- Your use of media shows your child what is okay and important.
- Your child learns most through their interactions with you.
- Your child can get easily distracted by the television even if it is on in the background.

Create a family media plan at:

<http://www.healthychildren.org/MediaUsePlan>



Mid-Valley
Parenting
PARENTING WITH PURPOSE

182 SW Academy St, Suite 220

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503-623-9664 ext. 2368

www.midvalleyparenting.org



<https://www.facebook.com/MidValleyParenting/>