

Before and Now



This week, your child will look back at changes that have happened this year in Pre-K.

How Far Can You Jump?

Use masking tape or a chalk line to make a line on the floor or sidewalk. Have your child stand behind the line and jump as far forward as her or she can. Mark the landing spot with a small stuffed animal. Measure the length of the jump with a yardstick or piece of string. Encourage your child to try again several times to see if practice will increase the jump distance. Ask: *Is your jump longer than the yardstick? Or is it not as long? How do you think that the length you can jump will change as you grow?*

Now You Can!

Talk with your child about skills he or she has learned. For example, you might say: *Before you could not sit in a big chair at the dinner table. Now you can sit in a chair just like daddy. Before you could not ride a scooter. Now you can ride your scooter down the sidewalk.* Give your child a chance to tell skills he or she is proud of learning.

More Words to Know

determination	measure
farther	memory
friendship	persistence
growth	

Word of the Week

kindergarten

Kindergarten is the next step after Pre-K.

Use the Word of the Week at home.

You might ask:

Where is the kindergarten room?

How do you feel about going to kindergarten?

When You Were a Baby...

Show your child his or her baby photos. Talk about some of the things your child has learned to do since then. Include special moments, such as saying a first word, taking first steps, or blowing out candles on a birthday cake. Ask what moments your child remembers.

The Next Step

Talk with your child about Kindergarten. Explain that this is the next grade of school. Point out that this is a place to learn many new things and meet new friends. Ask what questions your child has about kindergarten. Visit a classroom, if possible, and answer any questions your child might have.

Moving on to Kindergarten

Dear Family,

Completing Pre-K and moving on to kindergarten is an exciting time! Moving on to kindergarten will require that your child adapt to new people and different surroundings, learn a new set of rules, and understand new expectations. Here are some ways you can offer your child support making this exciting transition.

- Tour the new classroom, if possible. If your child will be in a new school, tour the school, the classroom, the playground, and other school areas with your child before the first day of school. Introduce your child to the teacher and administrators.
- Read *The Kissing Hand* by Audrey Penn to your child a few days before school starts and again the night before the first day of school. In this story, Chester Raccoon does not want to go to school. But he learns a secret from Mrs. Raccoon that helps him feel loved and makes the world seem less scary.
- If your child is anxious, calmly discuss positive experiences that your child will enjoy, such as making friends and learning how to do new things. Remind your child that you will be waiting for him or her to come home and tell you all about the new adventures.
- Involve your child in buying school supplies. Tell your child about how much you enjoyed this experience as a child.
- Make sure your child knows how he or she will be picked up when the school day ends. Be sure your child understands exactly when that time will be by relating it to events instead of the clock. For example, say, "I'll pick you up right after story time."
- Finally, make sure that you're emotionally prepared. If your child cries or appears anxious when you arrive at school on the first day, do not linger. Simply say "good-bye" and reassure your child that you will return when the school day ends.

Kindergarten will be your child's first year of formal education. It will help set the tone for all the years that follow. Making sure that this experience is positive and enjoyable for your child is a wise investment of time and energy. Happy first day of kindergarten!

