

Getting Ready for Kindergarten



Getting Ready



If you have ever made a move from one location to another or separated from friends, you know how hard a change can be. Going from a known, comfortable environment to one that is different and unfamiliar can be very stressful. This is often how young children feel as they move from preschool to kindergarten.

For young children, getting ready for kindergarten may be met with a mixture of excitement and concern. On one hand, there is the pleasure of accomplishment as they move on to something new. On the other hand, there may be some anxiety over leaving friends and teachers that they know and love.

For parents, there is a feeling of pride that comes with seeing their child grow to meet new challenges. Yet there is also a concern for how their child will cope, and what new roles they play as parents of a kindergartner.

Tips to help families get ready for kindergarten:

1. **Visit** the school and playground with your child during the school year before your child begins kindergarten.
2. **Contact** the school for information nights/open houses for the opportunity to visit the classroom, playground, take part in activities and meet other children and parents in the new group.
3. **Get involved.** Become familiar with your role as a parent in your child's education.
4. **Contact** your child's new school to discuss any concerns you may have.
5. **Learn** about the new roles and prepare your child for differences.

Tips For Families



Activities



Knowing what is expected adds to your child's self-confidence and encourages their attempts to try new activities. Help them get ready for kindergarten by:

1. Reading books about kindergarten and new experiences
2. Creating a puppet show to explain what their new classroom will be like
3. Creating a scrapbook together about their old classroom and new one

As a parent, ask your child some of these questions:

1. What do you want to wear your first day?
2. Do you want to visit your new playground?
3. Do you remember your new teacher's name?
4. What are you most excited about?
5. What scares you about your first day?
6. Do you remember your first and last name?

Questions to Ask



Learning



Both preschool and kindergarten children have some things in common.

They both learn best by:

- Actively **exploring** their environment through play
- **Interacting** with teachers and other children
- Using materials and participating in **hands-on** experiences and cultures
- Building upon their **need to explore and** make sense of the world around them

They both are learning to:

- **Use** their bodies through physical activities with words
- **Solve problems** and learn about changes
- Develop an **understanding** and acceptance of themselves as individuals
- Gain more **self control** and build friendships with others
- **Communicate** their thoughts and feelings

Key items you need before your child starts kindergarten

- Birth Certificate – State Certified
- Current Immunizations Record
- Social Security Card/Number
- Proof of Residency

Contact your local school district for additional required documents

Good feelings are contagious! If you are genuinely enthusiastic about any upcoming changes, your child will look forward to them, too.

Key Items





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