

# 7 TIPS YOU CAN TRUST

## Countdown to Kindergarten



The first day of kindergarten is a big milestone – for a child and their family, too! The coronavirus pandemic has disrupted life in many ways, but getting ready to start school, whether in-person, remotely or in a hybrid way is still important. Here are **seven** simple things to do with your child to help the transition to kindergarten.

- 1 Learn the ABCs.** Have your child trace yellow letters that you write – both uppercase and lowercase – several times a day. Ask your child to write on their own. Then have fun and have them write letters in shaving cream on the bathroom counter or using chalk outside.
- 2 Write my name.** There will be lots of time in kindergarten dedicated to letter and sound recognition. But an important first-day skill for your child is to be able to recognize and write his or her name. Practice together at home and make it fun!
- 3 Count up, count down.** Identify and practice numbers 1 through 10. Write these numbers on small scraps of paper and put them in a hat to pull out. Ask your child to identify the number, and then put it in order on the ground by making a number train. Practice counting up the train and down the train, too – 1 through 10, and 10 back to 1!
- 4 Feelings check.** Ask your child how they're feeling today, and explore emotions like happy, sad, mad, excited, energetic, worried, nervous and more. Ask them to draw a face to express different emotions.
- 5 Read everything.** Read books and notice the words all around you. Ask your child prompting questions such as, what do you think might happen? Why do you think that? Can you read your address on mail that has been sent to you?
- 6 Categorize.** Shapes, colors and objects all have similarities and differences. You can model putting things together – for example, putting all the forks together, putting all the blue socks in a pile, or setting aside all the big towels to put away. Talk about how things are the same and different, and then ask your child to help sort and categorize.
- 7 Follow the leader.** Practice listening to new directions. Can your child help with chores? Think of new ways to have your child help you and give directions. Make it a little more challenging so they have to think about what to do next.

[savethechildren.org/coronavirus-resources](https://www.savethechildren.org/coronavirus-resources)



Save the Children®