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**What Can You Do to Help Your Child Prepare?**

**Practice sharing:**

* Arrange play dates
* Play board games

**Set a routine:**

* At least a week before school begins, start going to bed at a normal time for a school night. Have your child get up, dressed, and fed the way you expect them to on a school day

**Teach the importance of listening:**

* Look at who is talking
* Do not interrupt
* Think about what is being said

**Show your child the importance of learning, by learning at home:**

* Letter play (uppercase, lowercase, sounds)
* Have you child practice printing their name (starting with an uppercase letter, then lowercase)
* Reading with your child and asking them questions about what was read
* Sorting
* Counting (counting aloud to 10, counting up to 10 objects)

**Encourage independence:**

* Encourage persistence in a task. Encourage your child to calmly ask for help when they cannot find a solution to a problem
* Leave your child with a trusted adult for a few hours at a time
* Have your child dress themselves when going outside
* Expect your child to clean up when they are finished playing

**Invite questions:**

* Give your child confidence to ask questions. Let them know that it is okay to tell an adult if something is hard to understand

**Develop young muscles:**

* Play with play dough, use child scissors, lace beads, play with puzzles, lego, blocks, etc.
* Play outside often engaging in running, jumping, climbing, playing with a ball, etc.

**More Activities:**

* Sing songs (ABC song, nursery rhymes, days of the week)
* Draw pictures and people
* Colour pictures
* Trace simple shapes
* Make simple crafts
* Play with play dough
* Use scissors
* Lace beads
* Puzzles
* Lego
* Blocks
* Play outside (running, jumping, climbing, playing with a ball, skipping, etc.)