



## Preparing your child for Kindergarten

*"Let the little children come to me; do not stop them;  
for it is to such as these that the kingdom of God belongs."*  
Mark 10:14

**Welcome to Dufferin-Peel Catholic schools! Starting Kindergarten is an exciting time for students and their parents. Your child is a unique individual, created in God's image. Let's work together to make the transition from home to school a positive experience for you and your child! This tip sheet will provide you with some ideas to support your family as you begin your journey into Catholic Education.**

1. **Get familiar with the school.** Before the first day of school, visit the school with your child so that the route, building, and school surroundings become familiar.
2. **Start the routine early.** Begin an appropriate bedtime routine at least one week prior to the start of school. This will help your child establish a school day routine that includes a regular bedtime and wake up time, getting dressed, and eating a good breakfast each day.
3. **Practice sharing.** Give your child opportunities to be with other children, to learn to share, wait, and take turns.
4. **Celebrate moments of independence.** Catch and acknowledge when your child attempts to dress or undress on their own, tidies up toys, unassisted bathroom routines, does something "by myself", etc.
5. **Dress your child accordingly.** Your child is going to be active at school. Choose clothes and shoes that are comfortable and durable. Give your child outdoor clothing for all types of weather and appropriate for the season. Ensure your child has a change of clothes for school.
6. **Teach the importance of communication.** Empower your child to listen and respond to others, both verbally and non-verbally, so they can experience thoughts, opinions, ideas and feelings of their own, and of others, in a caring and compassionate manner.
7. **Learn at home.** Include learning in your child's everyday life. Read to your child. Play word or counting games. Organize arts and crafts activities. Practice printing their name. Talk about colours, shapes, numbers and letters. Celebrate daily prayer time.
8. **Encourage questions.** Give your child the confidence to ask questions in all situations. Let your child know that it is OK to tell the teacher if something is difficult to understand. Asking questions leads to deeper understanding!
9. **Practice prayer** and familiarize children with the sign of the cross and prayers like Our Father and Hail Mary, as your child will be learning and celebrating Catholic values daily. Model how prayer can show we are thankful and prayer offers a chance to help others.