



Kindergarten Readiness Resources

Extra Tips

- **Read aloud to your child every day.** If you do nothing else, this is the single most important thing you can do with your child. Read the books in your home and get your child a library card and check out a variety of books and read to them daily. Ideally for 20 minutes.
- **Help your child develop independence and self-help skills.** For instance, encourage them to dress themselves, use the bathroom without assistance, blow their own nose, wash their hands, and put on their own shoes. Have them serve themselves at meals and clear their own dishes.
- **Teach responsibility.** Give your child age-appropriate tasks and small jobs. Even when it may be easier for you to complete these tasks, help them accept the responsibility to grow their knowledge and self-confidence. Some ideas-- Sock Duty--have them sort the matching pairs of socks when you are folding laundry. Silverware duty-- have them separate out the forks, spoons, and butter knives (not sharp knives), when you are putting away dishes. Pet food checker. Have them check daily to see if your pet has enough food and water. Have them help scoop fresh dog or cat dry food into the dish with you.
- **Develop Routines:** Set up routines that will help with transitioning. A morning routine can help with transferring into a school setting. Getting up around the same time every day, getting dressed, and having breakfast together is a great way to transition to school. A nightly routine can help with transitioning to a restful sleep. With a nighttime routine can include a duty. As a bedroom tidying duty, have them check their floor for any toys or clothes that people could trip over and clean them up. Have them brush their own teeth, get dressed themselves and pick out a book or two. Finally, enjoy the nightly bedtime stories together.
- **Acknowledge their feelings and emotions.** Talk to them when problems occur and/or when their emotions are high. Put a name to their emotions (like angry, sad, disappointed, frustrated,

excited, anxious, joyful, etc.) and discuss how they are feelings and why. Help them think of solutions to problems and model good behavior and reasoning skills.

- **Love your child for who they are.** Love you child unconditionally and let them know they are valued and have strengths and help make your family complete.
- **We encourage you to read, sing, play, write, and talk with your child daily.** If you are curious as to what your child will be learning while they are in kindergarten you can access the [Idaho Content Standards](#) from the Idaho State Department of Education’s website. Like the tips listed above? View the article and explore more information about supporting your child’s development visit National Association for the Education of Young Children (NAEYC)’s article [“Ready or Not Kindergarten, Here We Come!” by Tracy Galuski.](#)



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