



School Readiness

What is it?

Kindergarten is a big step for all children and getting ready to start school begins at an early age. In fact, 80% of brain growth happens in a child's first three years of life! Being school ready includes learning social, emotional, and self-help skills that set the stage for your child to be confident and comfortable in their new classroom setting. Parents have a big role in school readiness as well, being their child's first teacher and strongest advocate.

Tips and Activities

- *Playing Kindergarten* is a great way for your child to get comfortable with the daily routines in a new setting. You can have *Circle Time* during which you read aloud together, sing songs, and talk about the weather. Have your child include stuffed animals in the circle to help them practice taking turns and sharing with their new kindergarten "friends".
- Spend time every day in *back-and-forth conversation* with your child. Do this while walking to the bus, waiting in line at the supermarket, or sitting together over a meal. This gives your child important practice listening, responding, and communicating their thoughts and ideas.
- Expose your child to *new experiences*; this helps them learn how to manage and benefit from the new things they will see and learn in school. New experience also create great opportunities to talk about feelings. Children need to be able to *identify and express* their emotions in order to communicate how they are feeling and what they need.



Read All About It

Birth – 3: *Lots of Feelings* by Shelley Rotner

Birth – 3: *I Know a Lot* by Stephen Krensky

3 – 5: *Look Out Kindergarten, Here I Come!*

¡Prepárate, kindergarten! ¡Allá voy! by Nancy Carlson

3 – 5: *All by Myself* by Alike

5 – 7: *If You Take a Mouse to School* by Laura Numeroff

5 – 7: *But What If?* by Sue Graves

More Information

- Parent resources: <http://www.talkreadplay.org/>
- Kindergarten readiness logistics and resources: <http://www.countdowntokindergarten.org/>
- Parent tips: <https://www.naeyc.org/our-work/families/kindergarten-here-we-come>
- <https://thrivewa.org/gettingschoolready/>
- Boston Children's Museum website: www.school-readiness.org

Community Connections

Visit your local libraries, museums, zoos, parks, and other community and cultural organizations for new things to see, learn, and discover!

- Many locations offer free or discounted admission. Visit their websites for more information.
- *Free Fun Fridays* offer free admission to cultural venues across Massachusetts. For more information, go to: <http://www.highlandstreet.org/programs/free-fun-Fridays>



BostonChildrensMuseum.org

© 2018 Boston Children's Museum