

# Your Child and Preschool

Preschool helps develop social/emotional skills and gives  
Choosing the right preschool or childcare center for you and your child can be a daunting task, here are a few tips to help:

Refer to the Montelores Early Childhood Council list of local childcare programs and website at <http://monteloresecc.org> for advice about choosing the right setting and information on quality rated programs

Visit at least three different preschools. Ask for a tour and, if possible, to observe a classroom. Ask the Director about:

- ◆ price
- ◆ hours of operation
- ◆ afterschool program (if needed)
- ◆ staff-Child ratio
- ◆ illness policy
- ◆ curriculum

# School Readiness

- Getting children prepared for kindergarten starts before birth with good prenatal care and habits
- As they grow the most important things to do are to read, talk and play with them daily
  - ◆ sharing these interactions builds brain power and important pre-reading skills
- Preparing your kids emotionally and socially for school is critical to learning success
- Children need to feel safe and loved to reach their full potential
- Academic skills are important, but can be added if the child is ready to learn, knows how to behave in a classroom setting, and can interact with other children and adults
- Preparation for school leads to learning success for years to come!

# **School Readiness**

## **Healthy Kids are Ready Kids!**

### **5 Ways to be Ready for**

#### **Kindergarten**

##### **Ready to Share and Care-**

Social/emotional skills are most important- children should:

- ◆ take turns
- ◆ try new things
- ◆ share
- ◆ control and express feelings
- ◆ independently use the bathroom
- ◆ dress and undress self
- ◆ clean up after self

##### **Ready to Learn and Listen-**

Teaching kids the “art of learning” is very important - children should:

- ◆ keep trying to master tasks when encouraged
- ◆ be building self-esteem
- ◆ be prepared to learn in the classroom
- ◆ have listening skills and follow directions

##### **Ready to Talk, Read and Write-**

Talking with and reading to children helps develop larger vocabularies, increased attention span and a desire to read more - children should:

- ◆ recognize letters
- ◆ write their own name

##### **Ready to Count and Experiment-**

Basic math and science skills, such as counting and curiosity, help prepare early learners - children should:

- ◆ explore the world around them
- ◆ ask questions
- ◆ know some numbers and count to 10

##### **Ready to Exercise and Eat-**

Exercise, healthy eating and getting enough sleep are critical for success in school - children should:

- ◆ follow Routines, especially bedtime and mealtime
- ◆ get 10 hours of sleep per night
- ◆ eat 5 servings of fruits and vegetables daily and eat healthful foods for good nutrition
- ◆ limit TV and game time to 2 hours or less daily
- ◆ get 1 hour or more of physical exercise daily
- ◆ drink only water and milk, and have 0 sugary drinks daily

*If your child is in the care of family, friends or neighbors during preschool years, or you are concerned about Kindergarten readiness contact the Montelores Early Childhood Council about opportunities and activities to help prepare you and your child for the transition*