



## YOU CAN HELP YOUR CHILD PREPARE FOR KINDERGARTEN!

### *Help your child learn to share & care.*

- Use positive statements to help your child know when he or she is on track. For example, “I like how you shared your toy with your sister.”
- Teach your child that all feelings are ok, but not all actions are ok. For example, it is ok to be upset, but not to hit someone.
- Set limits for your child. Children feel safer and more confident when they know you are paying attention and helping them to behave appropriately.

### *Help your child be healthy for school.*

- Provide healthy meals and snacks including whole grains, protein, fresh fruits and vegetables. Limit fats, sugars and sodas.
- Make sure your child has 30-60 minutes of physical activity every day.
- Set a schedule that includes early bedtime.
- Turn off the TV and talk with your child.
- Visit your child’s pediatrician and dentist at least once a year. Keep vaccinations up to date.

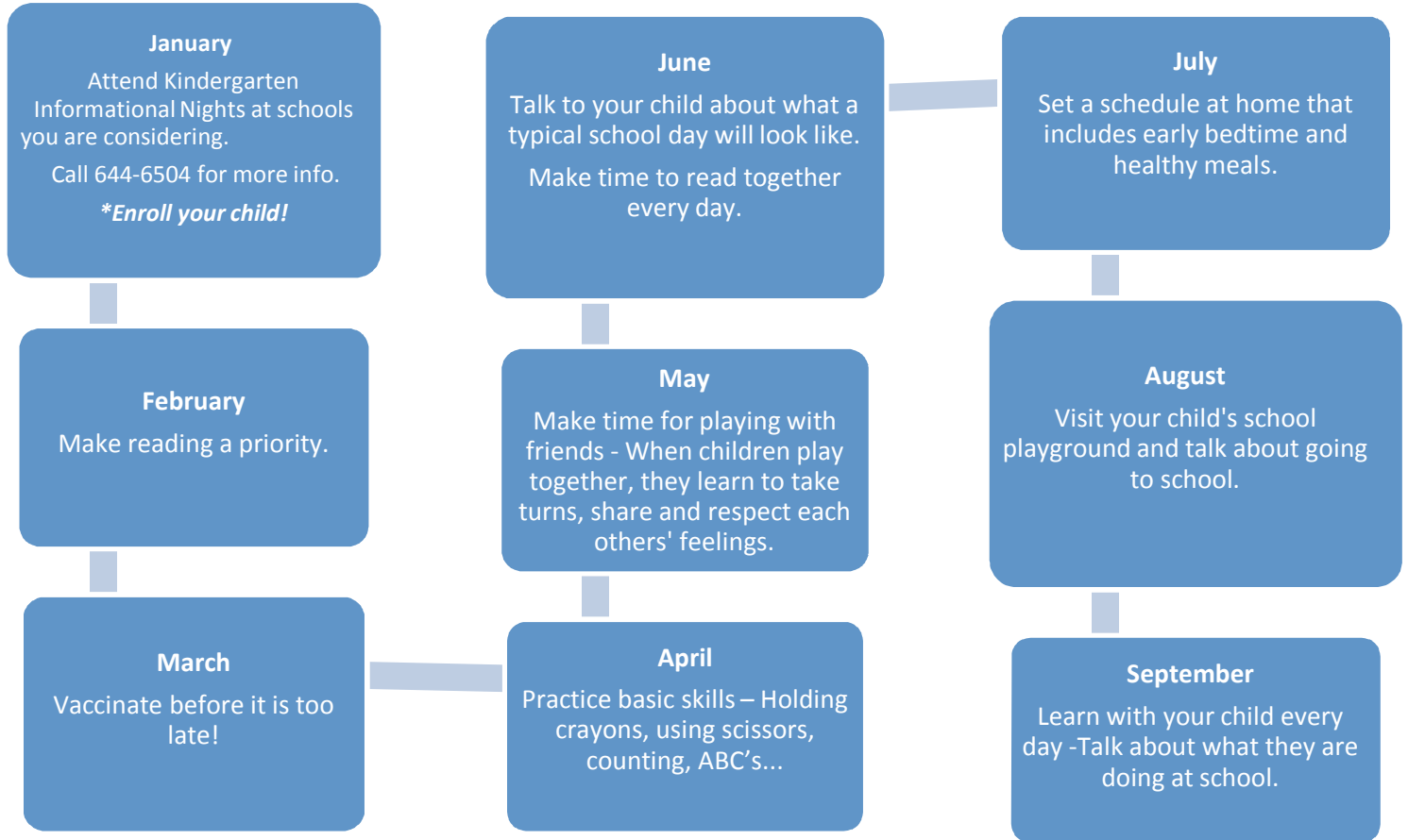
### *Help your child learn to use their words.*

- Talk to your child as often as possible. Use the time during daily activities to engage your child in conversations. For example, talk about the colors of the vegetables in the grocery store.
- Make reading a part of the daily routine. Try to find 10-15 minutes every day to sit down, read and talk about a book.
- Get a library card and visit the library weekly so that you will have lots of books to choose from.
- Play listening games. Hide a small object and give your child directions on how to find it.

### *Help your child learn their ABC’s & 123’s.*

- Children learn through play. Look for ways to learn while playing games together.
- Sing songs and play rhyming games.
- Keep pencils, crayons and paper where children can get to them easily.
- Point out letters and numbers in everyday places like cereal boxes, store signs and books.
- Offer your child lots of encouragement. Children who are self-confident learn to read and write more easily.

## COUNTDOWN TO KINDERGARTEN CALENDAR



### FOR MORE INFORMATION ON STARTING KINDERGARTEN:

[www.berkeley.net](http://www.berkeley.net)

BUSD Admission's Office: 510-644-6504

BUSD Office of Family & Community Partnerships: 510-644-8991

**2020 VISION FOR BERKELEY'S CHILDREN AND YOUTH** is a city-wide collaboration to close our district's academic achievement gap. We are working together to improve our city's ability to support children and families in areas known to help students succeed. Current areas of focus include:

- **Kindergarten Readiness** – preparing students for the Kindergarten classroom
- **Reading Proficiency by 3<sup>rd</sup> Grade** – helping students gain reading skills essential for learning
- **Attendance & Truancy** – steady attendance from Kindergarten through High School is essential for student success

For more information on the 2020 Vision visit: [www.berkeleyalliance.org](http://www.berkeleyalliance.org)

### SOME OF OUR 2020 VISION PARTNERS



Berkeley Federation of Teachers