

Beginning the Parent Partnership



*"Together we
teach and inspire
excellence for all
learners."*

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Table of Contents

	Page
Physical Development.....	1
Emotional Development	4
Intellectual Development.....	7
Language Development.....	11
Social Development	14
Appendices	16
1. Handwriting.....	17
2. Zaner Bloser Manuscript Alphabet	18
3. Fun Activities.....	19
4. List of Recommended Reading	20

Physical Development

Help Your Child Develop Physically

Is your child able to?

- * Zip and carry a book bag?
- * Button, snap, and zip his/her clothing?
- * Blow his/her nose?
- * Brush his/her teeth?
- * Properly wash his/her hands?
- * Properly use hand sanitizer?



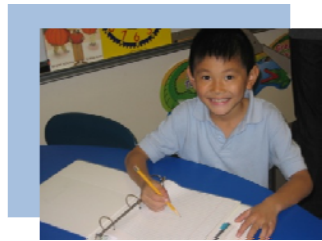
The physical development of your child is essential to his/her school success. In the kindergarten year, many lesson activities are based on muscular strength and coordination.

Parents can help their child's physical development by providing well-balanced good nutrition and adequate sleep. Healthy snacks, such as fruits and vegetables, should be provided. Children at this age need ten to twelve hours of sleep per night.

Parents can improve both large muscle and small muscle strength and coordination in the following ways.

Large Muscle Activities:

- throw ball to a partner
- throw a ball with the right hand
- throw a ball with the left hand
- catch a ball with both hands
- bounce a ball three times with one hand
- kick a ball to an object
- kick a ball with the right foot
- kick a ball with the left foot
- walk and run in a straight line
- hop three times on the right foot
- hop three times on the left foot
- jump with both feet together, five times
- climb on the playground equipment
- ride a bicycle



Small Muscle Activities:

- Sorting objects such as silverware, buttons, nails, socks, etc.
- using crayons to color a picture
- using scissors to cut out shapes
- using clay or dough to form shapes such as animals, letters, numbers, etc.
- playing with small blocks such as legos
- using glue to create greeting cards
- turning pages in a storybook
- using cooking utensils to stir and mix
- using a computer mouse
- using a computer keyboard
- pouring liquid into a cup
- cutting coupons
- tracing objects
- connecting simple dot to dot pictures
- holding a small deck of game cards
- completing simple puzzles
- holding a pencil correctly
- writing letters and numbers on lined paper



Emotional Development

Help Your Child Develop Emotionally

Is your child able to?

- * Separate from you for a short period of time?
- * Be comfortable in group situations?
- * Feel confident about himself/herself?
- * Solve simple problems without crying, sulking, or becoming angry?
- * Show excitement for learning new things?



Children learn better when they are emotionally prepared. Children who are emotionally mature adjust more easily to the school setting and are able to work and play with new friends.

Parents are a child's first emotional support. Separation can produce anxiety for both a child and a parent. However remember that coming to kindergarten broadens the child's emotional connections and extends the child's trust from parent to the school community.

To promote your child's emotional growth:

- Let your child know he/she is loved unconditionally by separating the child from his/her behavior.

"We always love you, but we don't like your behavior."

- Be specific when praising and encouraging your child's efforts.

"I liked how you picked up your toys."

- Let your child do things on his/her own: hang up his/her coat, clean up his/her spills, and dress himself/herself.

- Set reasonable time limits. It makes him/her feel secure.

"It is 8:00. You need to go to bed. You need sleep to be healthy."

- Treat your child with the same respect you would a friend.
- Listen to your child face to face and use eye contact.
- Give your child responsibilities: make his/her bed, clean his/her room, pick up his/her toys, take out the garbage, and feed the family pet.



Intellectual Development

Help Your Child Develop Intellectually

Is your child able to?

- * Tell his/her first and last name, age, birth date?
- * Follow one and two step directions?
- * Say the alphabet?
- * Name colors and shapes?
- * Recite simple nursery rhymes?



Parents are the child's first teacher. Your child comes to kindergarten with background knowledge and a foundation for learning that began at birth.

Parents are essential partners for ensuring school success.

Parents can help their child's intellectual development by providing a daily quiet time. The child can read, draw, paint, mold clay, string beads, copy letters and numbers and print his/her own name.



Parents can help their child intellectually by:

- Reading! Reading! Reading!
- Reading to your child every day.
- Having your child listen attentively for ten to fifteen minutes.
- Letting your child see you read for pleasure.
- Rereading a favorite book to increase your child's level of understanding and confidence.
- Taking your child to the library once a week.

- Identifying the front cover and back cover of a book.
- Pointing out the title and author of a book.
- Talking about the details of a book's pictures.
- Pointing to words as they are read aloud.
- Reading a familiar story, then leaving out key words for their child to fill in.
- Reading nursery rhymes, and dropping the last word for your child to fill in.
- Pointing out particular letters when reading.
- Asking your child to tell a story in his/her own words when looking at the pictures in a book.
- Counting in practical ways: *"one apple", "two shoes"... "six forks"... "three cookies."*
- Talking aloud as you use measurement around the house: *fewer, more, less, same.*
- Identifying colors, signs, shapes and words seen in the environment.
- Letting your child tell a story and draw a picture about it.
- Playing in the bathtub with different size containers and asking, *"Which holds more?"*
- Putting a calendar in your child's room and pointing out special days and events.

- Making a shopping list with your child by using words or pictures.
- Speaking in full sentences: "I want a cookie," instead of "Cookie now!"
- Playing guessing games such as "I Spy."
- Using the five senses to describe common objects such as an apple:
 - "What does it look like?"*
 - "What does it feel like?"*
 - "What does it smell like?"*
 - "What does it taste like?"*
 - "What does it sound like when you eat it?"*
- Playing "What would you do if..." games.
 - "...you left your book bag on the bus?"*
 - "...you needed to use the bathroom in school?"*
 - "...somebody teased you?"*
 - "...you got lost in a store?"*
 - "...you found a toy in your yard?"*
 - "...you broke your friend's toy?"*
- Encouraging completion of a game to build attention and stamina.

Language Development

Help Your Child Develop Language

Is your child able to?

- * Label simple objects, as well as talk about their function?
- * Use many types of sentences to express their needs and thoughts, and to give or ask for information?
- * Follow simple one and two step directions?



Parents can enhance their child's language by talking with them and listening to what their children say.

Verbal language skills which they will need throughout their education are good listening, speaking and use of vocabulary.

Parents can help their children with their language skills by:

- Talking to your child-encourage turn taking and eye contact when speaking.
- Providing good models for grammar (ex. use of past tense and plurals).
- Encouraging your child to follow one and two step directions.
- Labeling items and discussing their function.
- Categorizing and sorting items into items that are alike and different.
- Listening to stories and retelling the story.
- Answering simple questions related to a story that they have listened to.
- Encouraging concept development-using colors, locations, shapes in conversation.
- Making comparisons with your child in conversation (ex. "The elephant is larger than the tiger."; "Your eyes are the same color as mine.").

- Contrasting items (ex. "Birds, fly, dogs run").
- Playing rhyming and singing games with your child.
- Encouraging good listening-state child's name; touch to get their attention; get eye contact.
- Encouraging your child to use language to express their feelings, ideas, dreams, wishes and fears.
- Playing games with your child that encourages reasoning and conversation (ex. Guess Who, Mystery Garden, I Spy).
- Making communication fun!!



Social Development

Help Your Child Develop Socially

Is your child able to?

- * Play with one other child?
- * Interact with a group of children?
- * Show respect and care for others?
- * Take turns?
- * Use good manners?



The social development of your child enables him/her to be accepted by others. Getting along with others is a key element of kindergarten success, and is also an important lifelong skill.

As parents, you can help your child develop the skills that will enable him/her to become a healthy member of the school community by:

- Modeling good manners by saying, **“please”** and **“thank you”** to your child.
- Listening attentively when **your child** speaks and encouraging your child to listen attentively when **you** speak.
- Using good speech and language. **Avoid using baby talk.** When your child says, “Him do it,” respond, “Yes, you’re right, he does it.”
- Playing non-electronic games such as; Go Fish, Uno, Concentration, Hopscotch, Bingo, Crazy Eights, Candyland, Chutes and Ladders.
- Using TV wisely. Choose programs carefully and limit television watching to one hour per day.
- Using computer or other electronic game systems wisely. Choose games recommended for your child’s age group. (Recent recommendations by experts set a limit of two hours per day.)
- Making meal time a time for conversation. Turn the TV off and discuss what happened during the day.
- Getting the whole family involved in a group activity such as; raking the yard, building a model, weeding the garden, walking the neighborhood, biking or reading.

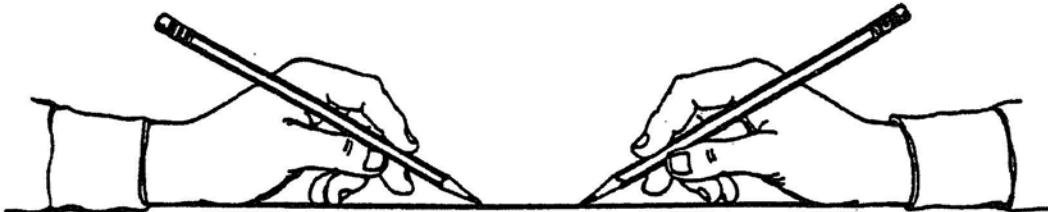


Appendices



Handwriting

HOW TO HOLD THE PENCIL



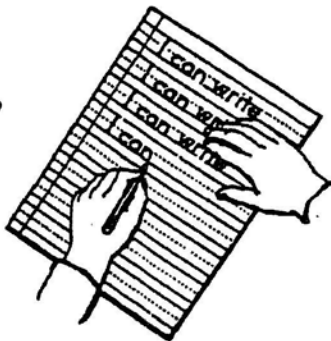
Left-handed writers

Right-handed writers

POSITION OF PAPER FOR MANUSCRIPT WRITING



Left-handed writers



Right-handed writers

Zaner-Bloser Manuscript Alphabet

Zaner-Bloser Manuscript Alphabet

A B C D E F G H I
J K L M N O P Q R
S T U V W X Y Z
a b c d e f g h i j k l m
n o p q r s t u v w x y z
2 3 4 5 6 7 8 9 10

Fun Activities

FINGER-PAINT

Mix equal amounts of liquid laundry starch and liquid detergent. Add food coloring or dry poster paint to make colors. To use: dampen a piece of paper (shelf paper or butcher paper works best) and drop a few teaspoons of finger-paint.

Did you ever try finger painting with chocolate pudding? Follow directions on an instant pudding package, but use water in place of the milk. For colors, add food coloring to vanilla pudding or paint in brown with chocolate. It's finger licking good.

CORNSTARCH CLAY

1 cup cornstarch

2 cups salt

1 1/3 cups cold water

Put salt and 2/3 cup water in a pot and bring to a boil. Mix cornstarch with remaining water and stir well. Blend these two mixtures together and knead into clay. To use: mold the clay into various shapes or objects and let dry (takes several hours). Paint them when dry. Unused clay may be stored in a plastic bag in the refrigerator.

EASY PLAY DOUGH

3 cups flour

1 cup salt

Stir in enough water to make dough-like modeling clay. Add food coloring before adding water for color. Store in plastic bags.

PLANT A GARBAGE GARDEN:

Sweet Potato Vine: Choose a sweet potato with many eyes. Stick 3 toothpicks in the sides about one inch below the top. Put the potato pointed end down in a jar with the toothpicks resting on the rim. Fill the jar with water to cover the bottom half of the sweet potato. Wait and be patient. In about 6 weeks it will begin to sprout.

Lentil or Grass Forest: Put a sponge in a pan of water so it will stay wet. Sprinkle grass seed or lentils on the sponge. Keep it in a light place and in a few weeks you'll have a tiny forest or lawn.

Grapefruit or Orange Garden: Save the seeds from your breakfast fruit. Soak the seeds in water for 1 or 2 days. Plant the seeds in pots and cover them with about $\frac{1}{2}$ inch of soil. Keep moist and in a sunny spot. They will start to grow in about 2 weeks.

List of Recommended Reading

Title	Author
No Jumping On the Bed	Tedd Arnold
Moonbear	Frank Asch
Ten, Nine, Eight!	Molly Bang
Clifford the Big Red Dog	Norman Bridwell
Arthur's Birthday	Marc Brown
The Very Hungry Caterpillar	Eric Carle
School Bus	Donald Crews
26 Letters and 99 Cents	Tana Hoban
The Snowy Day	Ezra Jack Keats
Leo the Late Bloomer	Robert Kraus
Froggy Gets Dressed	Jonathan London
Chicka Chicka Boom Boom	Bill Martin
If You Give a Mouse a Cookie	Laura Numeroff
Curious George	H.A. Rey
Annabelle Swift, Kindergartener	Amy Schwartz
Where the Wild Things Are	Maurice Sendak
The Cat in the Hat	Dr. Seuss
London Bridge	Peter Spier
Max's Dragon Shirt	Rosemary Wells

The following types of literature are also appropriate for kindergarteners. We strongly encourage parents to expose their children to many of the following.

1. Nursery Rhymes
2. Fairy Tales
3. Alphabet, Counting and Books with Repetitive Language



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