

CLACKAMAS PARENTING TOGETHER PRESENTS:



READY, SET, KINDERGARTEN!



Beneficial Knowledge, Skills & Abilities For
Children Entering Modern Kindergarten

WELCOME, PLEASE SHARE!

- What are a couple things you are really looking forward to about having your child start kindergarten?

What are some of the fears and uncertainties you have about your child starting school?



Chelsea Hamilton

Parenting & Family Program
Coordinator



A “NEW” WAY TO START...

2015: Nearly 100% Full Day Kindergarten Programs in Oregon

Educators say full-day is qualitatively different from half-day, not just longer. Lessons go deeper. There's more time to build classroom routines and self-management skills. Art, music and science get more attention and kindergartners get a real chance for hands-on exploration.



Kindergarten has changed!

It's no longer a program that focuses primarily on social-emotional development but one that also emphasizes academics.

WHAT SHOULD MY CHILD KNOW?

- Physical, Health & Safety Knowledge
- Mathematical & Logical Understanding
- Speaking, Reading & Writing Abilities
- Social, Emotional & Behavioral Skills



PHYSICAL, HEALTH & SAFETY KNOWLEDGE

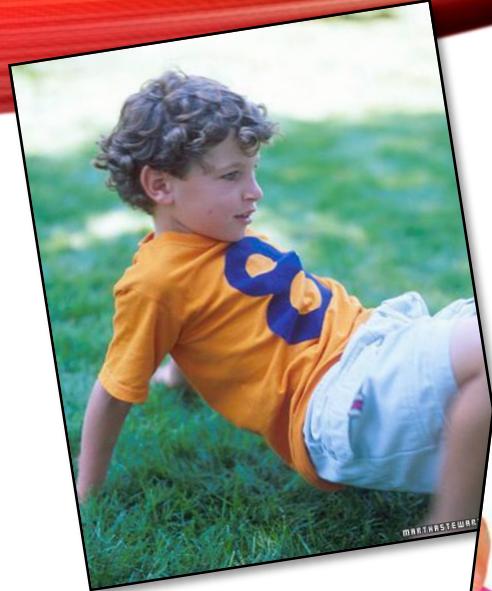


- ✓ Uses a spoon, fork & napkin when eating snacks and meals
- ✓ Able to work buttons, snaps, zippers and belts on clothing and shoes
- ✓ Holds scissors and writing tools correctly
- ✓ Walks, Runs, Hops, Gallops & Jumps!
- ✓ Knows how to throw, kick, bounce & catch a ball
- ✓ Understands hand washing, teeth brushing and healthy food choices
- ✓ Manages bathroom needs independently
- ✓ Knows about basic safety rules
- ✓ Up to date on screenings, vaccines and other well child checks



HELP YOUR CHILD GROW...

- Get outside and play!
- Ask your child to do animal walks, like a crab, bear or frog
- Play with play dough and practice lacing or beading
- Get a 2 minute tooth brush timer and use it for teeth and hand washing
- Step back and allow your child to practice. (This may be an exercise in your own patience!)
- Offer activities that include use of writing utensils and scissors



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19

WASH YOUR HANDS & COVER YOUR COUGH



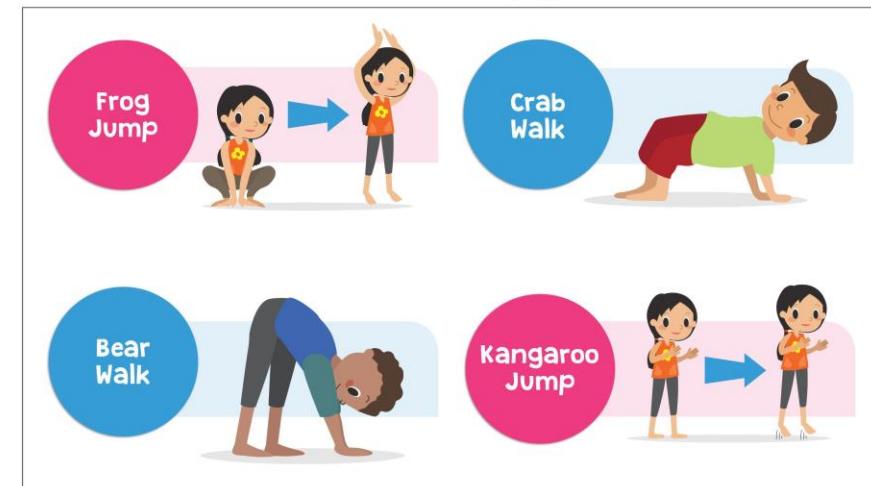
ANIMAL WALKS!

Animal Walks allow a child to pretend & play while building strength and coordination. Animal walks can be used as part of an obstacle course, game, warm-up or quick break!

Benefits of Animal Walks include:

- Following directions and motor planning
- Improve body and hand strength
- Allow for weight bearing
- Improve bilateral coordination
- Improve fine and gross motor skills
- Improve spatial awareness

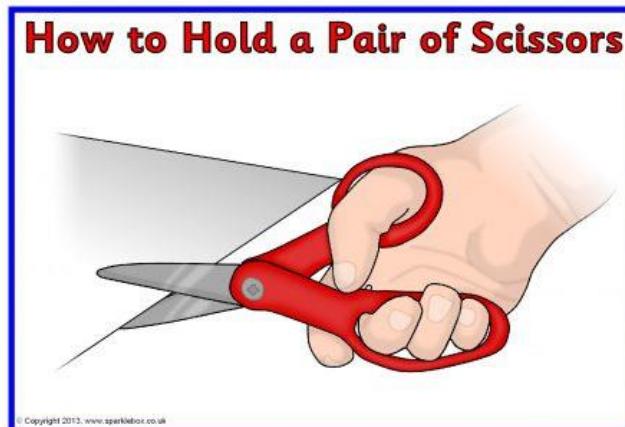
ANIMAL WALKS



USING SCISSORS CORRECTLY

Thumb should be up, elbow should be down

- Practice cutting play-doh snakes with one good snip
- Cut paper to wrap presents or paper plates to make masks
- Have your child cut out coupons from the Sunday paper, then take them to the store to use one!
 - Use Scissor Practice Sheets

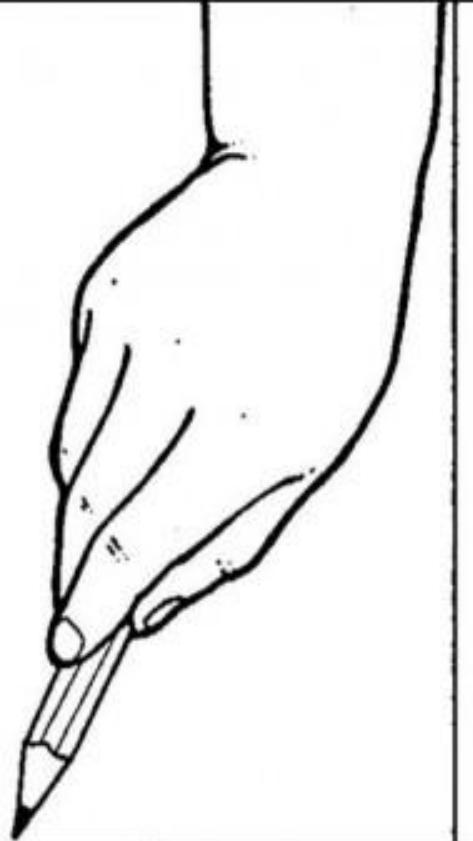


HOLDING A PENCIL



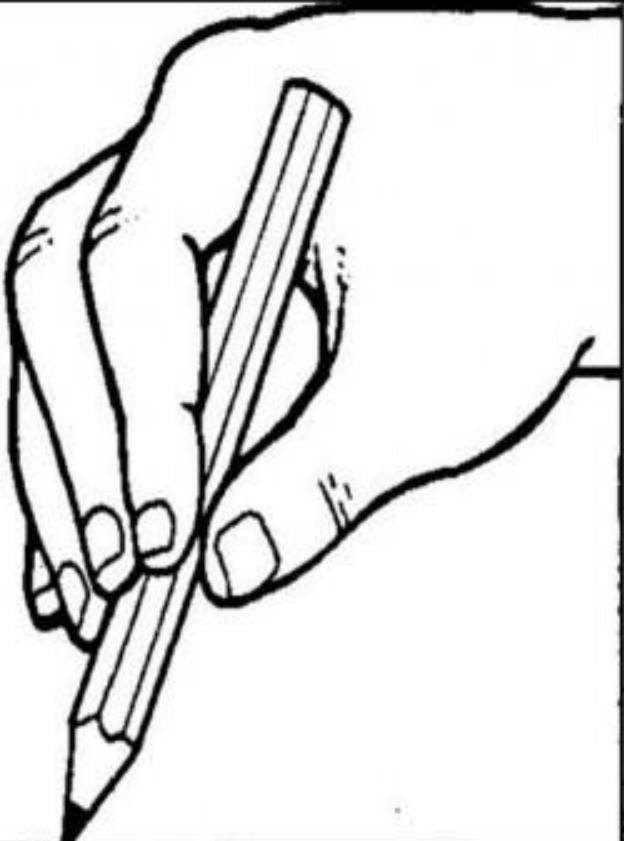
1–1 1/2 years

Cylindrical Grasp



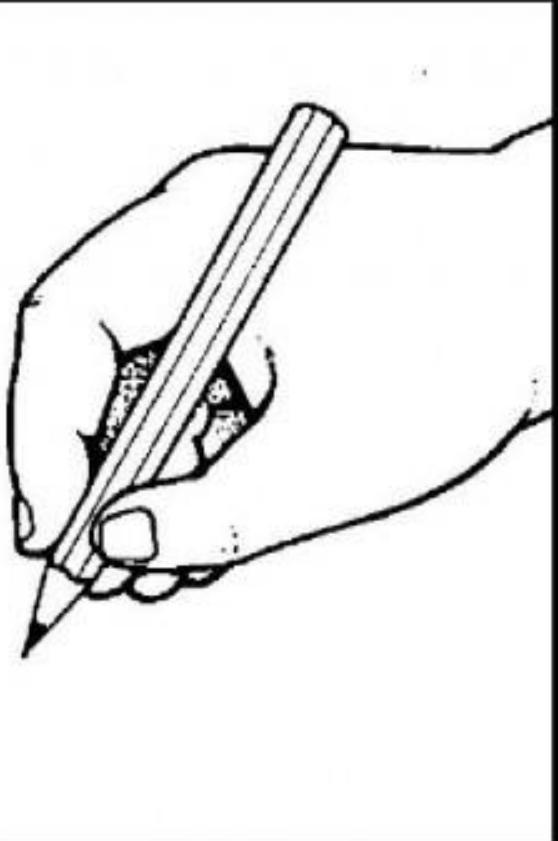
2–3 years

Digital Grasp



3 1/2–4 years

Modified Tripod Grasp



4 1/2–7 years

Tripod Grasp

MATH & LOGIC



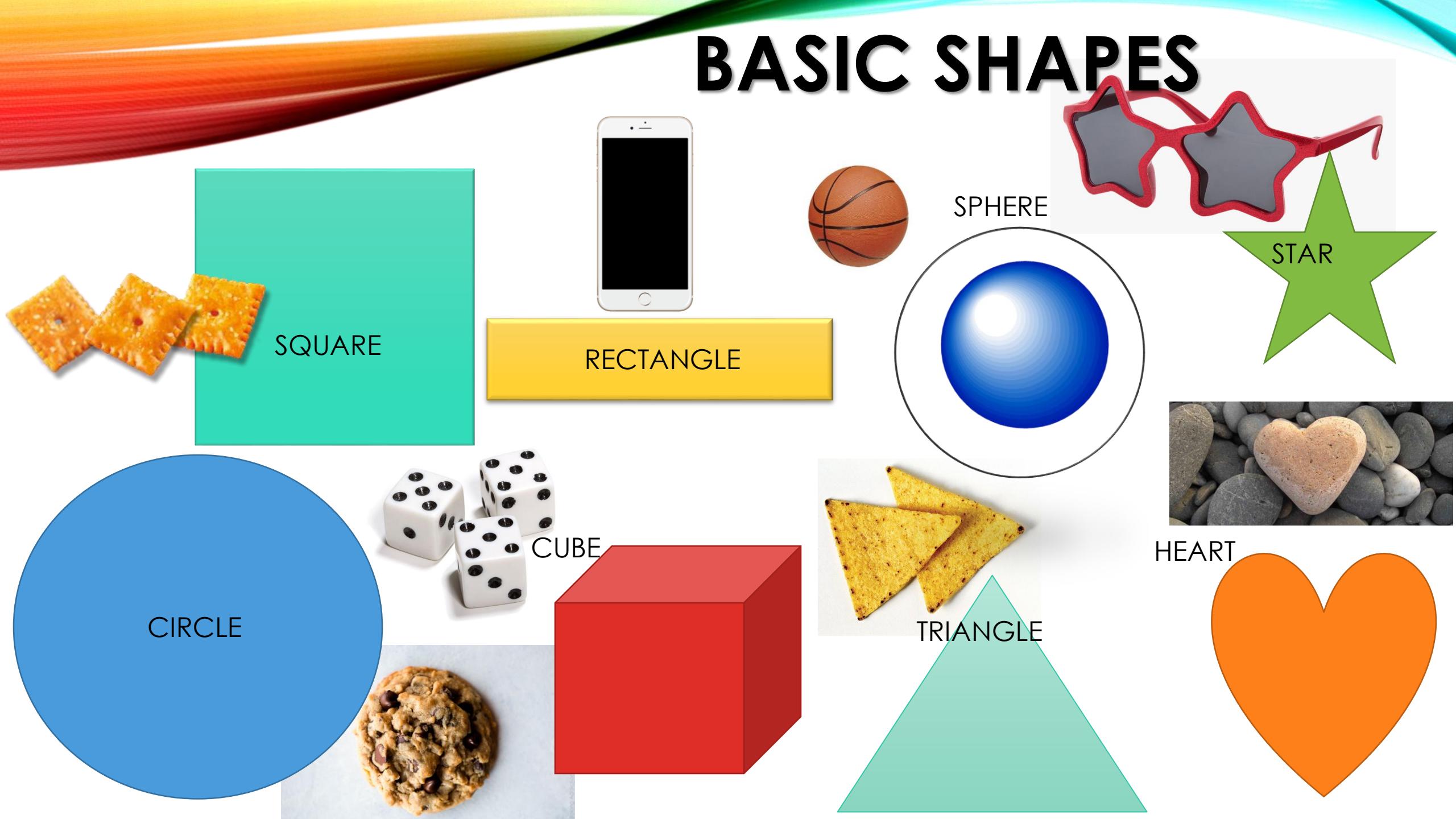
- ✓ Counts to 20
- ✓ Identifies groups of more, less or equal amounts
- ✓ Knows written number 1 to 10 and can match written number to counted amount of objects
- ✓ Identifies and describes basic shapes
- ✓ Can copy, trace or write numbers
- ✓ Draws two dimensional shapes
- ✓ Sorts objects into same or similar categories
- ✓ Recognizes and names basic colors
- ✓ Can recognize and also create simple patterns with colors, shapes or sounds

A photograph of two young girls playing a board game. One girl, with dark hair in braids, is resting her chin on her hand and looking down at the board. The other girl, with blonde hair in a ponytail, is pointing at a green game piece on the board. They are both smiling. The board game has a colorful, geometric pattern.

HELP YOUR CHILD GROW

- Play simple board games, rolling a die, seeing the number than counting that many spaces
- Count everyday objects and actions
- Identify shapes & colors in your environment
- Emphasize math terms (More, Less, Equal Amounts)
- Sing math and number songs
- Build with blocks, label the shapes you use
- Challenge your child with puzzles, do them together and increase how many pieces you can accomplish

BASIC SHAPES



BASIC COLORS

Red

Orange

Yellow

Green

Blue

White

Purple

Black

Brown

Pink

Light Blue

Grey



COUNTING TO 20

- Play Hide & Seek
- Count Out Loud While Washing Hands
- Count How Long It Takes To Do ... (any given task)
- Count Groceries
 - How many fruits?
 - How many boxes?
 - How many yellow things?

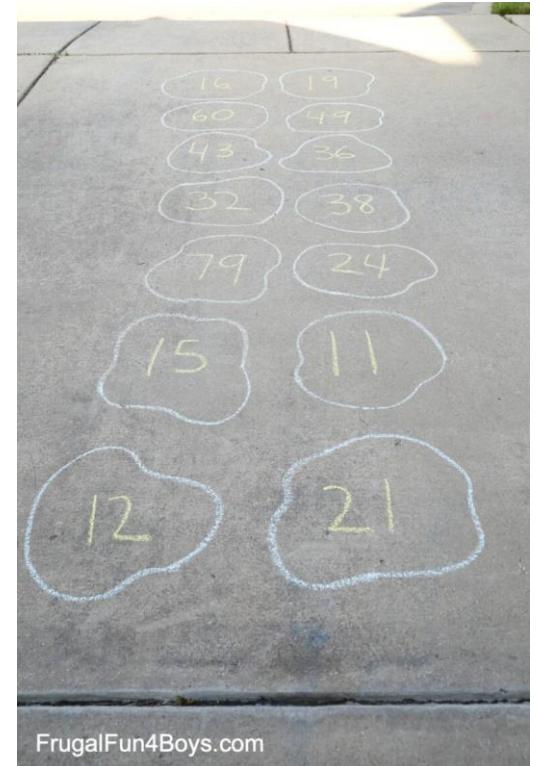
LEARNING COLORS

- Start with emphasis on matching colors, follow by adding names
- Notice Colors Everywhere!
- Make a collage or other art project with a single color focus
- Play games that use color (Candyland)
- Use paint to mix and learn about primary colors
- TINTS have white added
- SHADES have black added
- Talk about shades and tints
 - Red (pink/burgundy)
 - Blue (light blue/navy)

SIDE WALK CHALK MATH!

- **Greater Than/Less Than Obstacle Course**
- Draw an obstacle course with several pairs of “stepping stones.” In each pair, write one larger number and one smaller number. Then ask your child to hop through the obstacle course, jumping on the greater number in each pair.
- **Parking Lot**
- Draw a simple parking lot on your street or driveway and number each space. Ask your child to park a certain kind of vehicle in space number...

“Can you park a semi truck in spot 5?”



FrugalFun4Boys.com

1	2	3	4	5	6	7	8
---	---	---	---	---	---	---	---

9	10	11	12	13	14	15	16
---	----	----	----	----	----	----	----

I'M HUNTING NUMBERS!

- If you take your child shopping, challenge them to find as many numbers as they can. How many 5s do you see at the store today? You could even make them a number hunt shopping list.



- Make your child cards with numbers on them and before going out on a walk draw 3-5 cards. Looks for those numbers around your neighborhood!



- Play Number I Spy. Look around your room and find a number on something (a clock, poster, or appliance)

"I spy with my little eye the number 12"



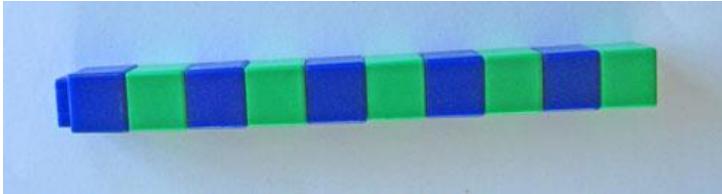
SORTING, MATCHING & LOGIC

- Let's sort laundry
 - Dad/mom/kid
 - Red/blue/white
 - Socks/towels/shirts
 - Light/Dark
 - Big/Small
- Practice Classifying: items that go together (socks & shoes, flowers & vase)
- Practice Grouping: based on given characteristic (color, size, shape)
- Practice Collecting: items by a common element (books I like to read at bedtime, animals I've seen at the zoo, food I like on hot summer days...)



PATTERNS CAN BE ANYWHERE!

- Help your child create AB and ABC patterns



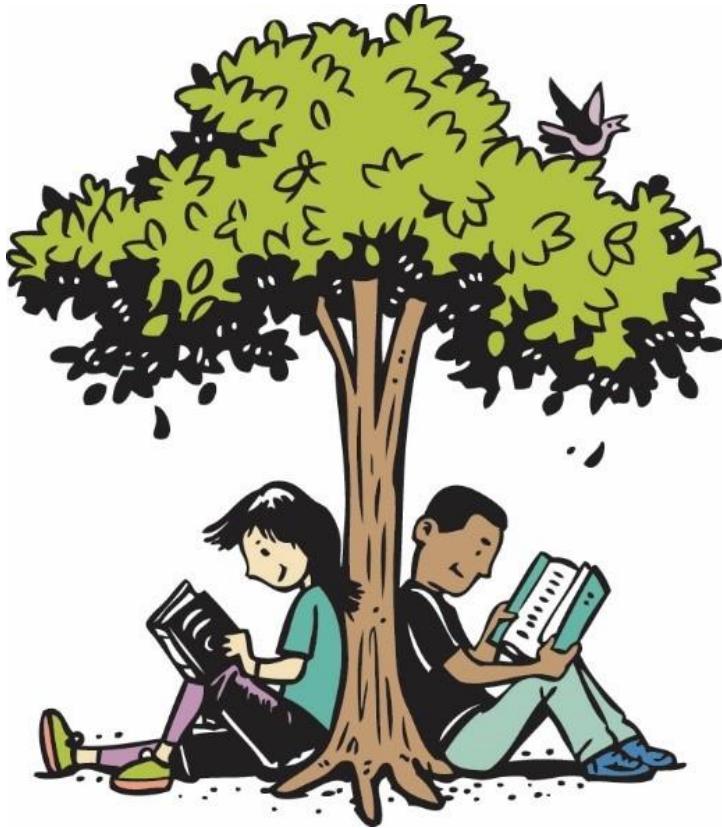
COPY, TRACE & DRAW NUMBERS & SHAPES!





WHAT OTHER WAYS DOES YOUR
FAMILY MAKE MATH FUN?

LANGUAGE & LITERACY, WRITING & LETTERS



- ✓ Uses complete 6 word sentences & has a large working vocabulary
- ✓ Identify 12-15 letters by name & sound
- ✓ Understand basic punctuation
- ✓ Beginning to develop phonological awareness
- ✓ Retells or acts out a story someone read or told them
- ✓ “Reads” a favorite story to you
- ✓ Recognizes environmental print
- ✓ Understands concepts of print
- ✓ May recognize a few simple sight words
- ✓ Copies, Draws & Traces letters, numbers & shapes
- ✓ Print first name using upper and lower case letters

HELP YOUR CHILD GROW...

Keep Books Everywhere!

Read Books Anywhere!

Read About Everything!

Make Connections!

Be Creative!

HERE'S THE IMPACT OF
READING 20
MINUTES PER DAY!

A student who reads

20:00

minutes per day

A student who reads

5:00

minutes per day

A student who reads

1:00

minute per day

will be exposed to
1.8 MILLION
words per year
and scores in
90th PERCENTILE
on standardized tests

will be exposed to
282,000
words per year
and scores in
50th PERCENTILE
on standardized tests

will be exposed to
8,000
words per year
and scores in
10th PERCENTILE
on standardized tests

© 1991, Scholastic Inc. All rights reserved.

SENTENCES & VOCABULARY

How many words do you think your 4 year old understands?

Research says for a typical preschooler, it's about 4,000!

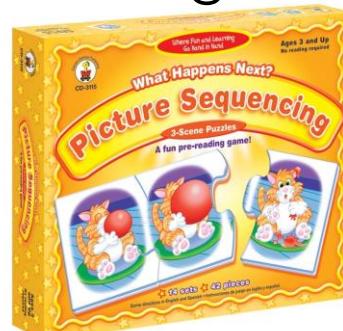
INCREASE VOCABULARY BY...

- Reading 20 mins a day
- Talking one on one to your child often
- Think about it: Questions, Affirmations & Prohibitions
- High-Low-Happy & Compliment Sandwiches
- Make reading about pictures & connections
- Kitchen Item Hide & Seek



TELL/RE-TELL A STORY WITH BEGINNING MIDDLE & END

- Recall a favorite story, even when not reading
- After reading a new story, discuss your favorite parts
- “Write” your own stories
- Read recipes, discuss steps
- Talk about your day
- Read wordless books
- Use sequencing cards or puzzles



CONCEPTS OF PRINT

Page	
Picture	First Page
Title	Last Page
Author	Top of Page
Cover	Bottom of Page
Words	Direction of text
Letters	
Punctuation	



ENVIRONMENTAL PRINT



Phonological Awareness



Listening

cat-car

Do these words sound the same?

Rhyming

boy-toy

Do these two words rhyme?

Syllables

wagon = 2

How many syllables are in this word?

Alliteration

hop-happy

Do these words begin with the same sound?

Blending

c/a/t cat

Can you blend this word back together?

Segmentation

hat h/a/t

Can you break this word apart by sounds?

RHYMES & RHYTHMS

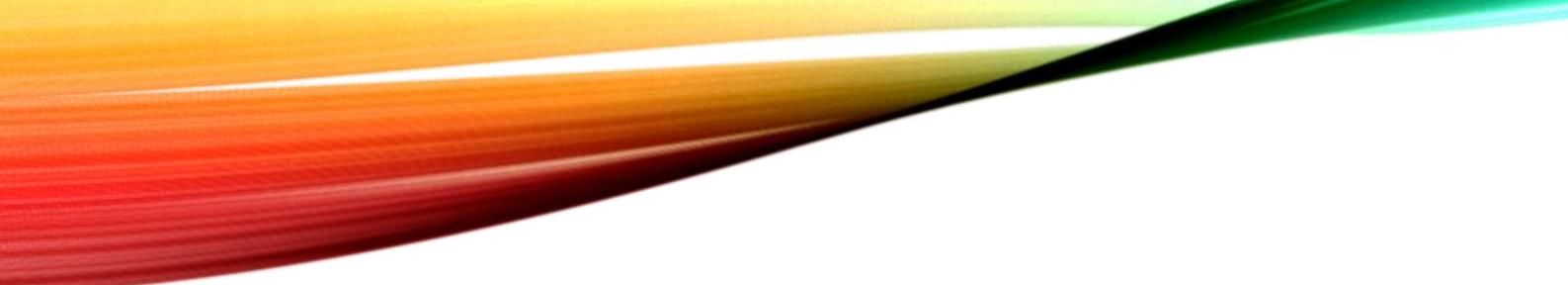
- Rhyming I Spy
- Draw A Rhyme Monster
- Rub Away Rhymes
- Ask & Say – nonsense is ok!
- Stop during rhyming stories and allow your child to fill in the next word
- Memorize traditional rhymes
- Sing Songs & Do Finger Plays
- Visit Library Story Times
- Act Out Rhymes
- Clap Out Rhythms

WHAT ARE SIGHT WORDS?

Sight words refer to the words that are most frequently used and repeated in books, which is why sight words are also sometimes referred to as “high-frequency” words. It’s estimated that same 100 or so words make up more than fifty-percent of the text that students read. By being able to “pop” these words out from memory a child’s reading fluency greatly increases.



- a
- is
- at
- it
- an
- like
- and
- look
- am
- me
- are
- my
- can
- no
- do
- play
- for
- said
- go
- see
- has
- she
- have
- so
- he
- the
- here
- to
- in
- up
- I
- we



WHAT IS THE READING ROUTINE IN YOUR FAMILY?



WRITING & LETTERS

Copy, trace, or draw letters

Recognizes, names, and knows the sounds of at least 12 letters (start with the letters in their own name!)

Sees the differences between lower case and upper case letters

Writes their own first name



LOWER CASE LETTERS



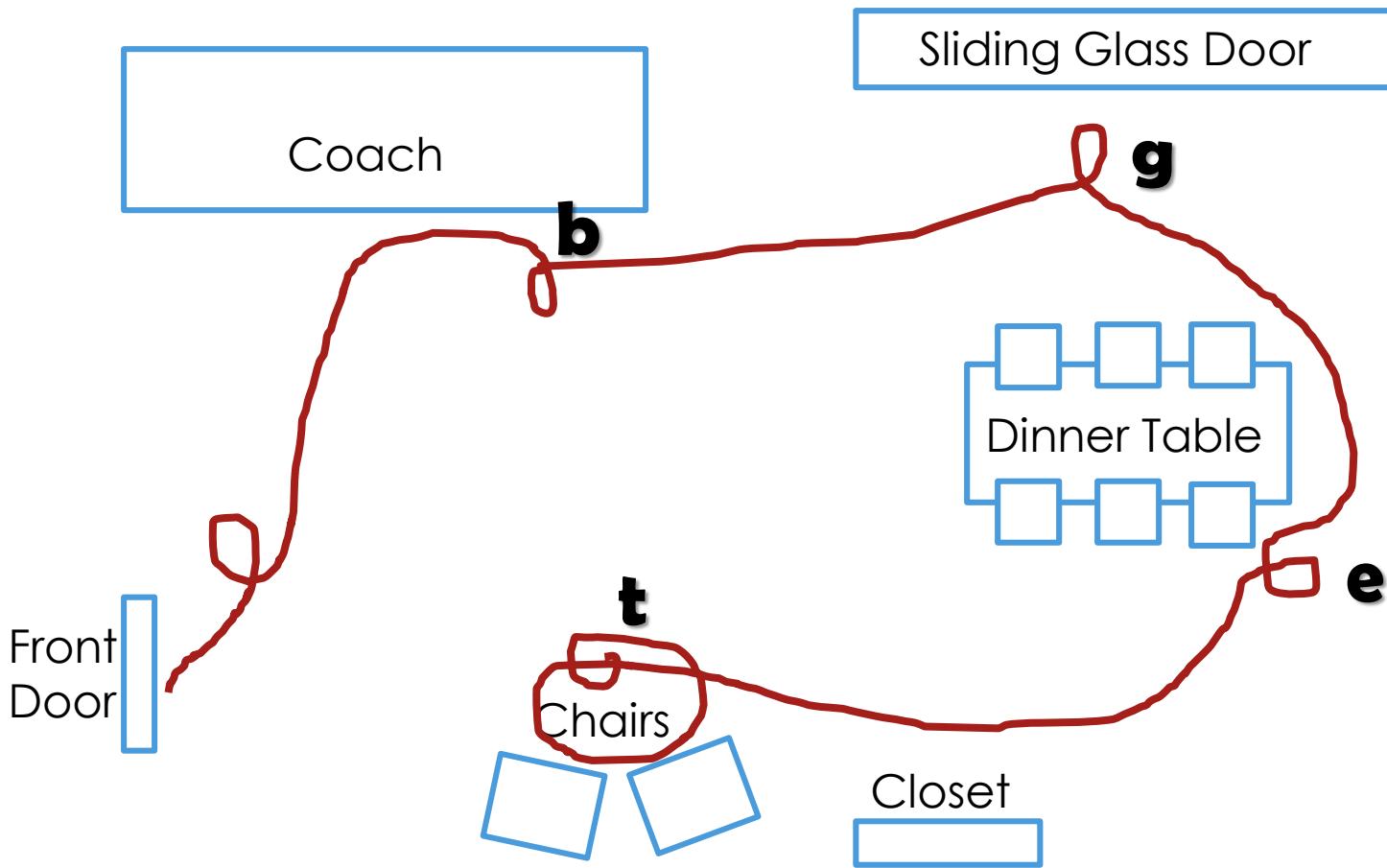
a b c d e f
g h i j k l m
n o p q r s
t u v w x y z

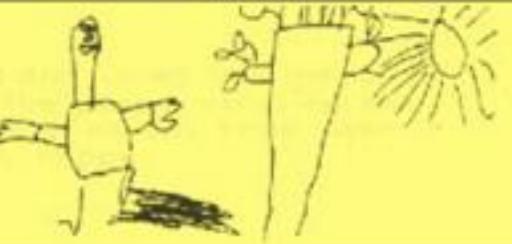
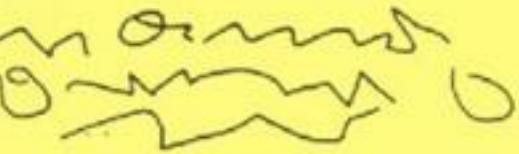
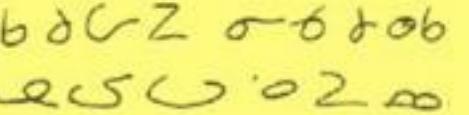
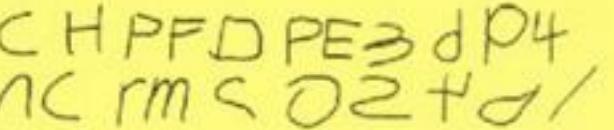
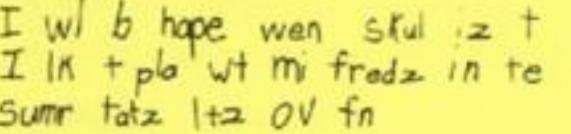
- 95% of written text is in lower case letters
- Help your child recognize “letter families” and notice slight distinction between them
 - o a c e s
 - h m n r u
 - b d g q p
- Use your senses!

LETTER SOUNDS



PIRATE MAP!



Stage	Example
Preliterate: <i>Drawing</i>	
Preliterate: <i>Scribbling</i>	
Early Emergent: <i>Letter-like forms</i>	
Emergent: <i>Random-letters or letter strings</i>	
Transitional: <i>Writing via invented spelling</i>	
Fluency: <i>Conventional spelling</i>	<p>Once upon a time a dog named Rags got lost in the woods. All of the people looked for him. After a while he found his way home again. His family was very happy.</p>



LET'S PLAY FIDDLE STICKS!

Put all the sticks in the cup. Take turns choosing sticks and naming the letters. (Make it harder by then thinking up a word to match that letter) The player who gets the stick with the star tip has to put all their sticks back in the cup. Continue to play for about 5-10 minutes. The player at the end of the time with the most sticks wins the game.



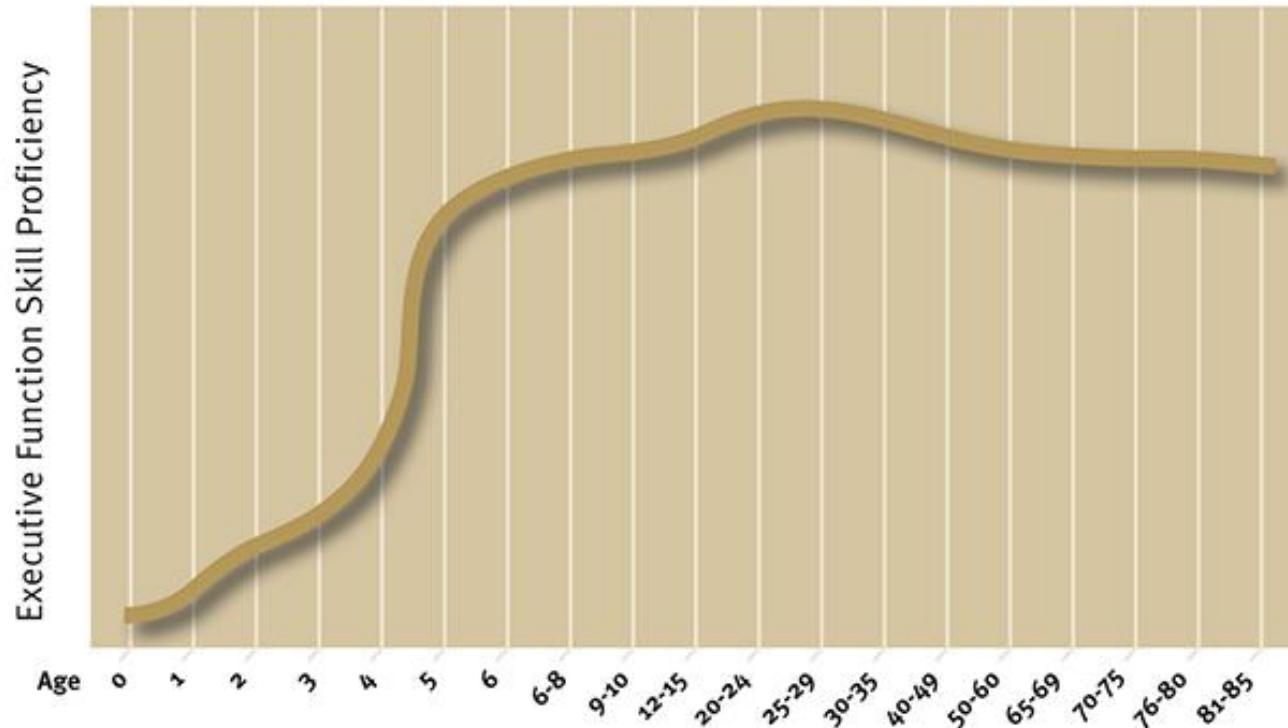


SOCIAL, EMOTIONAL & BEHAVIORAL SKILLS

- ✓ Cooperation and Easy Transitions
- ✓ Follows directions, instructions & classroom rules
- ✓ Takes turns and patiently waits when necessary
- ✓ Able to focus on a task & takes time to do their best
- ✓ Listens respectfully to others, communicates own feelings or problems with appropriate words
- ✓ Manages Anger
- ✓ Participates in Group Learning
- ✓ Expresses ideas and uses imagination
- ✓ Asks Questions & Solves Problems

KEY PREDICTOR IN KINDER SUCCESS = SOLID APPROACHES TO LEARNING

Executive Function Skills Build Into the Early Adult Years



- follow multi-step instructions
- avoid distractions
- control rash responses
- adjust when rules change
- persist at problem solving
- manage long-term assignments
- Teamwork & leadership
- decision-making
- working toward goals
- critical thinking
- adaptability
- being aware of our own emotions as well as those of others

BOOKS & PUPPETS



WHEN I FEEL ANGRY I CAN...

- Count to 10
- Take 5 deep breaths
- Shake my feelings out
- Exercise, Jump, Run
- Do something small, like drawing or puzzles
- Think of a silly or happy memory
- Stretch
- Use a calm down tool, like glitter jar
- Get a drink of water
- Push my hands against the wall then relax
- Squeeze my hands into fists, then relax
- Help someone or do a simple chore
- Say positive affirmations
- Breathe slowly, and feel my feelings



I CAN FOCUS!



- Set aside 5 mins at least once a day where you ask your child to focus on a single specific task
- Multitasking reduces concentration and diminishes performance
- After focusing, practice taking a break
- Break big tasks down into smaller, more manageable pieces.
- While a child's imagination is a wonderful thing, we also want them to be able to clear away distractions and build the ability to concentrate



SOCIAL SKILLS & SOCIAL DISTANCE



What skills do you want to focus on for your child this summer?

What skills do you feel have been impacted the most by social distancing and what group ideas can we come up with to help our children make gains where it matters most?

ALL CHILDREN ARE UNIQUE

- Keep in mind these are helpful areas of concentration
- No child is expected to have mastered all these skills by their 5th birthday!
- Identify your child's strengths, have fun with them!
- Think about your child's weaknesses and create interesting ways to strengthen those muscles!



BEING “ON THE FENCE”

- There seems to be agreement among educators that younger children (late summer birthdays) given another year to mature enter kindergarten with greater confidence, social skills, ability to focus and readiness to learn.
- There is a documented initial boost in reading skills, math skills, social skills and general knowledge.
- Gender Matters...
- You know yourself, your child, and your lifestyle best.
- Carefully consider the pros and cons to your newly 5 child starting kindergarten vs waiting an additional year.



WHAT ABOUT BILINGUAL PROGRAMS?

- El Puente Bilingual Program (North Clackamas)
 - (503) 353-5495
- Riverside Elementary School (North Clackamas)
 - (503) 353-5560
- Trost Elementary School (Canby School District)
 - (503) 263-7130
- Jennings Lodge (Oregon City School District)
 - (503) 785-8035

OTHER QUESTIONS...



THANK
YOU!