Helping children transition to preschool or kindergarten can be exciting. Simple steps can be taken to help make the transition a successful one. Preparing your child can be a fun family activity that will not only benefit your child academically but also prepare a great learning foundation for their future.

**CREATE ROUTINES**

Summer schedules can be busy; by creating a bedtime and wake-up time you can help your child know what to expect as they approach going to school. This will also ensure they get enough sleep to be ready to learn!

**TEACH INDEPENDENCE**

Encourage your child to become independent with basic self-care skills. These skills will build self-confidence making the transition to kindergarten a little smoother. This includes:

- Hand washing
- Opening simple snacks
- Zipping a backpack
- Simple clothing fasteners and zippers
- Nose wiping
- Covering mouth when coughing/sneezing

**READ**

Set aside time to read with your child. Make this a fun family activity - read as a family or set a schedule to take turns reading. Check with your local library about summer programs that include story times. This is a great opportunity for your child to learn to listen to a story, ask questions, and explore other books that might peak their interest. Consider setting a family goal for the number of books read with a fun celebration once the goal is met. This can be as simple as a trip to the local park or perhaps a special family dinner. Visit https://www.aft.org/sites/default/files/wysiwyg/t2k_booklist.pdf for a list of teacher recommended books to prepare for kindergarten.

**GET ORGANIZED**

Teach your child organization skills such as cleaning their room and putting away toys. This will help with transitions during the school day. Create a space for puzzles, toys, and books using plastic bins from a local dollar store. This will give your child an opportunity to learn how to return classroom materials to their designated location. It will also encourage them to complete a task with little prompting.