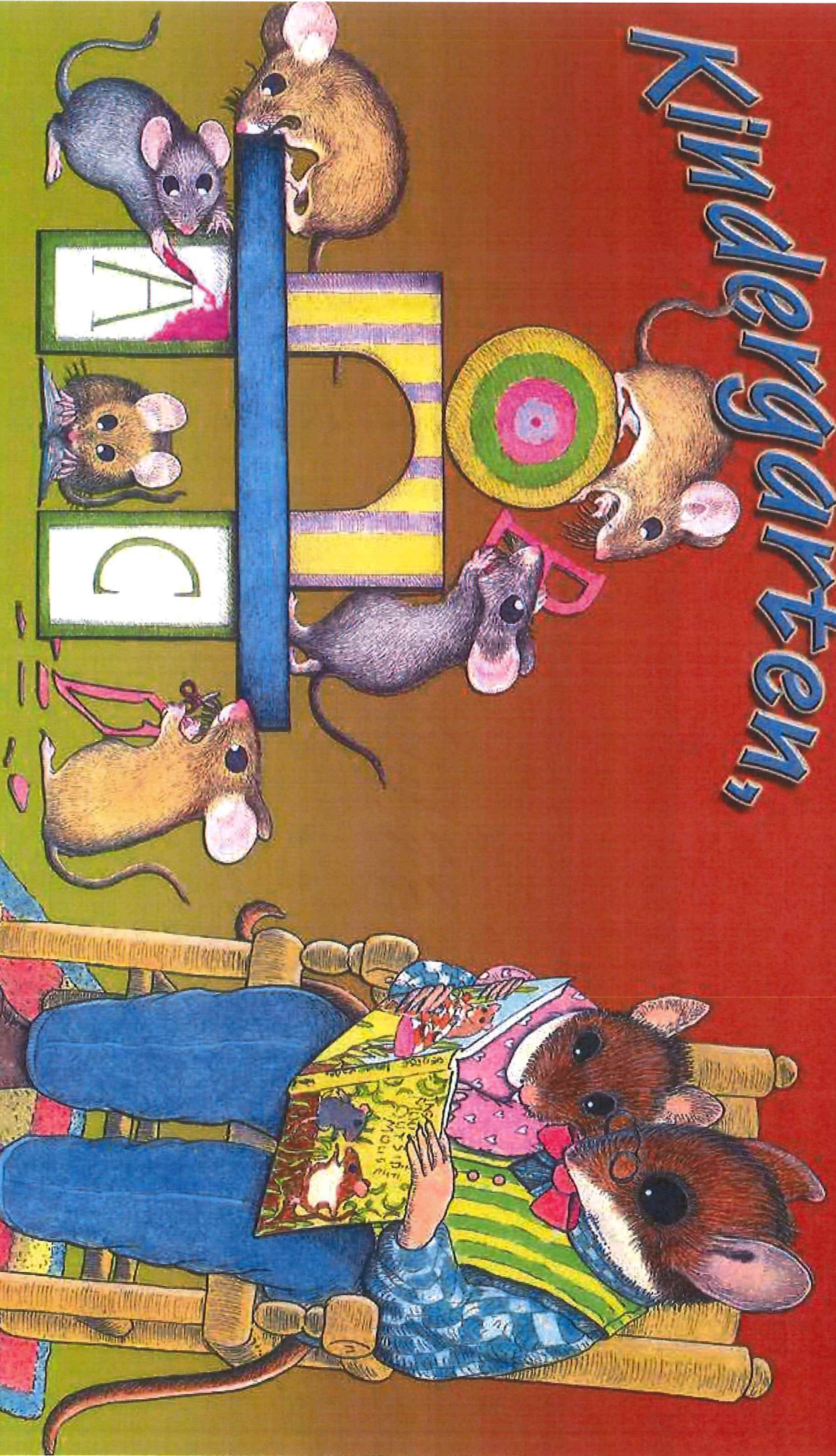


Kindergarten,



Here I Come!

Activities to do with your Preschooler

Welcome!

You and your child are preparing for kindergarten! This activity book, "Kindergarten, Here I Come" is filled with fun ideas that you can do together to get ready for kindergarten and beyond. These activities will help give your child the foundation for positive and happy future school experiences.

Every month contains four weeks of activities that use simple materials or ideas that you can do at home. Each one of the activities focuses on a readiness skill for your child's entry into kindergarten.

You can do all or some of the experiences on each page and they can be done in any order, at any time.

The activities are linked to the Pennsylvania Early Learning Standards. These Standards are being used in pre-kindergarten programs all over the State as a resource for developing classroom learning situations that will ensure your child's development in the skill areas necessary for future success. (Ask your child's pre-kindergarten teacher if she has a copy.)

The Early Learning Standards include:

- 😊 Approaches to Learning Through Play (the way children learn)
- 🎨 Creative Thinking and Expression (visual arts, music and movement and dramatic play)
- 📖 Language and Literacy Development (reading, writing, speaking and listening)
- 📏 Mathematical Thinking and Expression (numbers, shapes, colors and space)
- 👤 Social and Emotional Thinking (learning about self and how to get along with others)
- 🏃 Health, Wellness and Physical Development (health and safety; large and small muscles)
- 💡 Scientific Thinking and Technology (exploring the world)
- 👥 Social Studies Thinking (learning about people and the community)

You'll be able to tell what developmental area each activity is focusing on by the picture at the beginning. Compare it to the key at the bottom of the page so you know what skills you are helping your child learn.

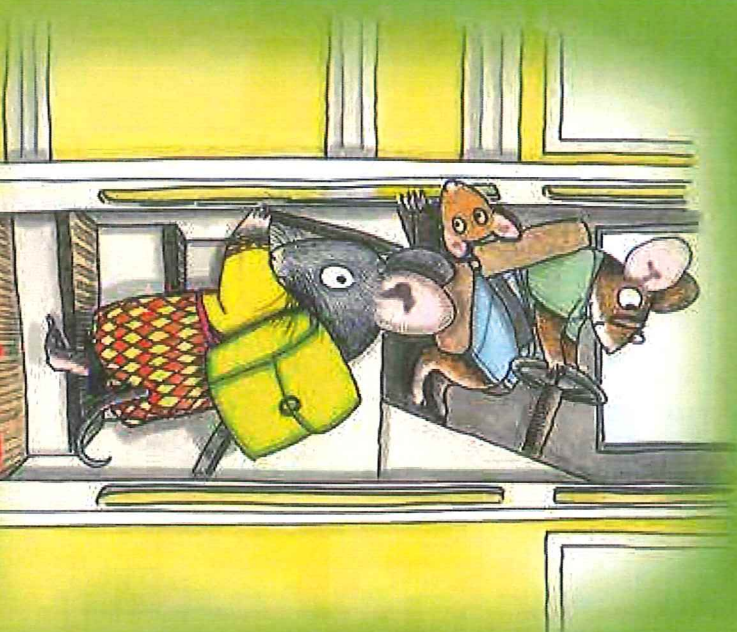
Most importantly have fun! The time you and your child spend together, doing these activities or others, will help your youngster say with confidence, "Kindergarten, Here I Come!"

This activity book is made possible through the support of...

Build
Strong Foundations For
Pennsylvania's Youngest Children

PA **pennsylvania**
OFFICE OF CHILD DEVELOPMENT
AND EARLY LEARNING

All About Me Book



You and your child can make your very own book! On each month, you'll find a special book that looks like this. It describes a page for your "All About Me" book. After you and child have made each page, keep them together in a special place. When you have reached the end of the "Kindergarten, Here

I Come Activity Book", you can bind your pages together to make a memory book to keep. What a perfect way to remember your child's year before kindergarten!

PS....Help your child find where the mouse is hiding on each of our "All About Me" page descriptions.

Early Learning

"Let us put our minds together and
see what life we can make for our children."

- Sitting Bull



Choosing An Early Learning Site

Select an early learning program that best suits your family's needs. Make a careful choice by considering the location, hours of care, and services that are provided. Visit the facility and talk with the director and teachers. Find a location that feels right for you and your family. A high quality early learning program, no matter what type, should provide a safe and secure learning environment for your child.

Families can learn more about the options available in their community by contacting their local Child Care Information Services office (CCIS). Child Care Information Services (CCIS) agencies are the hub of child care information in your local area. They provide families with information on quality child care and personalized child care referrals to child care providers based on your specific needs or preferences. CCIS agencies also administer the Child Care Works subsidized child care program.

Families can also use the Provider Search at www.findchildcare.pa.gov.

The search will help you locate a child care provider that meets your needs and offer information on Early Learning programs. The Child Care Provider Search offers a portion of the wide spectrum of child care services offered by Child Care Information Services (CCIS) agencies.

Keystone STARS Child Care

Keystone STARS (Standards, Training/Professional Development, Assistance, Resources) provides families with a tool to gauge the quality of child care programs. The STARS program supports child care programs in the commitment to continuous quality improvement. Programs may enter Keystone STARS at the "Start with STARS" level and earn a STAR 1 through STAR 4 rating using research-based standards that measure four areas that make a difference in the quality of care your child receives:

1. The educated and well-trained staff.
2. The environment your child is in everyday.
3. Leadership and management.
4. Family and community partnerships.



PA Pre-K Counts

Pennsylvania Pre-K Counts provides high quality pre-kindergarten services to three and four year olds in the Commonwealth. The program is free to families and has a focus on children on helping children who may be at risk of academic failure be successful both in school and in life. Children are served in full or half day pre-kindergarten classes that are held in school district classrooms, Head Start classrooms, Keystone STARS 3 or 4 child care programs, or licensed nursery schools. The program is administered by the Office of Child Development and Early Learning, Pennsylvania Department of Education and Human Services. The quality components of the program meet or exceed nearly every quality benchmark set by the National Institute for Early Education Research which include a highly qualified teaching staff, a curriculum that will help children grow academically and socially, a regular review of each child's progress, assistance for children and families transitioning to pre-kindergarten and on to kindergarten, and small class size. In addition, assessment of the quality of the program and the children's progress will ensure that all Pennsylvania Pre-K Counts programs are providing the high quality early education children deserve.



Head Start Supplemental Assistance Program

Pennsylvania provides additional state funding for Head Start agencies to offer Head Start services through the Head Start Supplemental Assistance Program. Head Start is a Federal program for preschool children from low-income families. The Head Start program is operated by local non-profit organizations in almost every county in the country. Children who attend Head Start participate in a variety of educational activities. They also receive free medical and dental care, have healthy meals and snacks, and enjoy playing indoors and outdoors in a safe setting. Most children in Head Start are between the ages of 3 and 5 years old. Services are also available to infants and toddlers in selected sites.



OCTOBER

"Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood."

— Fred Rogers



Safety

Children and adults should practice basic safety rules.

- Teach your child how to safely cross a street, to wear a helmet when riding a bike, what to do if a stranger approaches, and not to play with guns.
- Before your child plays on the playground, check to make sure the equipment is safe. Is it too high for your child? Are there sharp edges? Is there cushion material under it in case of a fall?
- Keep two or more working smoke detectors in your home. Replace the batteries every year. Cover all unused electric outlets in your home.
- Keep the following items out of the reach of children: matches, lighters, candles, cleaning supplies, chemicals and medicines.
- Follow state laws for the use of child car safety seats.
- Post emergency phone numbers by your phone. (doctor, poison control center, hospital, fire, police)
- Teach your child how to interact with family pets to prevent biting injuries.
- Learn basic first aid in order to help your child in case of an emergency. Contact your local Red Cross for more information.
- Children need protection from too much sun. When your child is outside, provide a hat, sun block and plenty of water to drink.
- Keep stairs clear of objects like toys and decorations to prevent falling.



Me Book

Have your child glue a photograph of himself/herself on a piece of paper. Ask, "what are you doing or thinking in this picture?" Write down the descriptions under the photo. Label the picture, "A Picture of Me." Date it and save!

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Internet Resources

<http://bit.ly/25KhJQm>
www.kidshealth.org/en/parents/firstaid-safe/
Pennsylvania Department of Education
www.education.pa.gov

Parents can use this page to learn more about information and programs that are supported by the Department of Education.



A Week of Activities!

- ➡ Get together with another child and his/her parents. Let the children tell each other about things their families like to do together.
- 📖 Collect the pictures that are familiar to your child from the fronts of cereal boxes or advertisements. Put them together in a book and ask your child to "read" to you.
- 👉 Begin to help your child learn about transitions. Give a warning or "heads up" about 5 minutes before he or she will need to stop playing. "In five minutes, we'll need to stop reading so we can start dinner."
- 📁 Encourage your child to make a collage with glue and paper, gluing leaves, twigs, acorns and other things you can find outside during fall.



A Week of Activities!

- 🔍 Play, "Who's My Baby?" Name an animal and ask your child to tell you the names of the baby. For example, dog...puppy; cat...kitten.
- 📖 Go to the library and check out books about numbers or counting.
- 🏠 Before you go shopping, give your child a piece of paper to "write" a "list" of things you are going to buy at the store. Ask your child to "read" it to you as you go through the store aisles.
- 🍎 Make Grocery Bag Balls. Take newspaper or brown grocery bags and crumple them into balls. Wrap tape around them. These balls can be used to kick, catch or throw.



A Week of Activities!

- ➡ Encourage your child to count items around your house. Count the stairs, the windows, etc.
- 📦 Create a prop box for dress up and pretend play. Fill it with old shoes, clothes, purses, jewelry, etc.
- 📺 Talk about favorites. What is your favorite food, color, toy or TV show? What are your child's favorites? Talk about the things you both like.
- 😊 Talk about safety with your child. Look around your house for things that could be dangerous and talk about them together.



A Week of Activities!

- 🍎 During meal times allow your child to practice pouring from a lipped pitcher or serve him/herself from a serving dish using a spoon.
- 🔍 When your child takes a bath, place different toys in the water. Talk about whether the items sink or float. Make predictions about the items before you put them into the water. "I think the penny will float." See if you're right.
- 👉 Bring out baby pictures and current pictures of your child. Compare the pictures and talk about the differences and changes you see.
- 😊 Give your child materials to imitate you doing daily chores like cooking or cleaning. Talk about what you are doing.



Check these out!

One Smart Goose by Caroline Jayne Church
Apples and Pumpkins by Anne Rockwell
Mice and Beans by Pam Munoz Ryan
What's Opposite by Stephen Swinburne
Bark George by Jules Feiffer
Officer Buckle and Gloria by Peggy Rathman



😊 Approaches to Learning Through Play
🍎 Creative Thinking and Expression
📖 Language and Literacy Development
📖 Mathematical Thinking and Expression
👉 Social and Emotional Development
🍎 Health, Wellness and Physical Development
🔍 Scientific Thinking and Technology
🏠 Social Studies Thinking