



# Summer

## Homework

### Checklist

The following list is intended to help prepare your child in a variety of developmental areas to make the transition into Pre-K as smooth as possible. Believe it or not, just 15-20 minutes a day of playing and learning with your child can make a world of difference! We also begin to stress independence in the classroom early in the year. We practice the CAN DO Attitude!

Read to your child for a least 20 minutes every day. Point out how to hold a book the right way, and ask your child questions about the story.

Help your child practice learning how to put on his/her own coat, and let them button and zip their own things.

Let your child use child-safe scissors to cut! Let them cut straight lines, curved lines, moving on to different shapes.

Play board games to practice taking turns.

Let your child play! Play with Play-Doh, string beads to make a necklace, stack blocks, build with Legos or magnet tiles.

Put together puzzles to learn problem solving skills as well as work on fine motor skills.

Limit Screen Time. The American Academy of Pediatrics suggests children get no more than 1 hour of screen time per day. This includes TV, video games, cell phones, and tablet. All screens!

Verbally give your child specific one-step and two-step directions and encourage him/her to follow through.

Give small jobs or chores to your child so that they may experience responsibility, accountability, and a sense of accomplishment.

Allow your child to practice taking care of his/her own bathroom needs, including wiping themselves and washing hands.

Give your child opportunities to practice opening lunch boxes, snack containers, bags of chips or other snacks, as well as packing and unpacking a backpack.

Talk and model how to express feelings appropriately and with self-control. Encourage your child to treat their friends with kindness.

Practice getting into a routine, especially bedtime. Elementary aged children need 10-11 hours of sleep each night!