

January

Getting Ready for Kindergarten (Registration Information)

Going to Kindergarten is an important event for both children and parents. Having a child enter Kindergarten prepared and ready to learn makes the transition much smoother for everyone.

- Contact your child's school district to find out which school your child will be attending in the fall. Ask about their registration procedures and dates.
- Gather the necessary paperwork: Social Security card, immunization records, birth certificate and physical exam.
- Complete the registration forms promptly and submit them to the appropriate school or administration office.
- Get to know the school's expectations for a new kindergartner and for you as a kindergartner's family member!
- Talk about school to get your child excited about their new adventure. Be positive. Families may be worried or hesitant. Be careful not to let this show.
- Give your child opportunities to make choices, follow directions, listen, and follow rules.
- Have your child practice dressing themselves, using easy to button, zip and snap clothing.

My Book

Use paper to cut out shapes or designs and ask your child to glue them together to make a picture of their house.

Ask them to describe the parts of the house while you write down the descriptions. Label the page, "My House". Date and save.

Color or Trace the Shape:



A Week of Activities

Check Out These Books!

Cookie Time by Janet Wong
Yesterday I had the Blues
 by Jeron Ashford Frame
Surprising Sharks by Nicola Davies

A Week of Activities

Help your child find their own winter clothes by making an area where they can keep them all together. Put the mittens, hat, scarf, boots, and coat for them to find when it's time to go outside.

Together with your child, write down special events on a calendar. Look at it each week to talk about when they are happening. Use words like yesterday or tomorrow or next week.

Make a collage with unused items you find around the house such as a lid from a bottle, a Popsicle stick, cotton balls, etc.

Look at pictures of the family doing different things. Together, describe what's happening in the pictures.

Describe objects in the house. Ask your child to find each one after listening to the clues.

Introduce your child to a new food this month. Talk about the kind of food - vegetable, meat, fruit - and how it helps keep them healthy.

Let your child paint with ice. Use food coloring to tint water in an ice tray and freeze. Give your child a cube to move around on paper while it melts and makes a design.

Bring in three snowballs from outside and put them in three separate bowls. Put one in the refrigerator, one in the freezer and one on the kitchen table. Watch what happens and talk about which one melts or freezes faster.

A Week of Activities

Visit your local fire or police station. Let your child talk to a fire fighter or a police officer about the work they do.

Ask your child to find a specific item in the house using the flashlight. Ask your child, "How did the light help you find the object?"

Help your child recognize their name in print. Make name cards and place them around your home in places where your child will see them often.

Cut off the bottom of a plastic gallon jug just below the handle to make a catcher mitt. Show your child how to hold the handle to catch balls or bean bags you throw.

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

A Week of Activities

Give your child choices when you ask for help with chores. "Would you like to help fold socks, put them away or carry the clothes basket?"

Describe a job that someone could have in your community and ask your child to name it. "Who works in a fire station and rides on a truck with a long hose?"

Help your child cut from a magazine items with many colors. Help your child to separate them into colors.

Look at pictures in a new or unfamiliar book. Ask your child to think about or predict what might happen in the story. Read the story and compare your child's predictions to the actual story.

Health

Being Healthy

- Nutrition is recognized as a critical factor in the promotion of health and the prevention of disease.
- Overweight and obesity in children represents one of the most challenging conditions to treat.

Nutrition and physical activity play key roles affecting overweight and obesity in children.

- Be a good model and show your child how to eat healthy foods.
- Try to include more fruits and vegetables in their daily diet. Encourage moderation of sweets, juices, and snack foods.
- Encourage fun physical activities.



Getting Ready for Kindergarten

Contact your local school district to find out the dates for Kindergarten pre-registration. You may need the following items to register your child for public school:

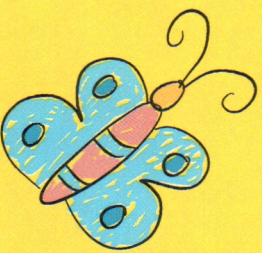
- Your child's Birth Certificate
- Current immunization record
- Proof of residency such as a driver's license or a rental or mortgage agreement
- Health history form completed by parent/guardian (obtain from the school at time of registration)
- Physical and dental exam performed by a health care professional

Health



Immunizations

Families need to check with the school district for a list of mandated immunizations.



- All children of school age in Pennsylvania upon original entry into school need to be given a dental examination.
- Pennsylvania encourages families and caregivers to have their child examined by the family dentist in lieu of a school dentist.
- The family dentist reports the dental examination on a form approved by the Secretary of Health.
- Teach your child how to brush teeth and encourage brushing after meals or at least twice a day.
- The American Dental Association recommends a yearly checkup and professional cleaning and fluoride treatment.

Dental Health

Visit the Doctor

- The law states that a child must have a physical examination before entering Kindergarten.
- Schedule a routine physical examination with your child's doctor or healthcare professional.
- The doctor or healthcare professional will check your child's vision, hearing, physical development and immunizations.
- If you have concerns about your child's readiness, please discuss it with your child's doctor or healthcare professional.

Eye Health

- Visual problems can and do affect the educational, social, and emotional development of children. Early detection of vision problems can help your child in the learning process.
- The purpose of the school vision screening program is to identify students with visual impairment. Vision problems affect one in 20 preschool children.
- The American Optometric Association recommends an eye examination by six months of age, at three years old, before grade one and every two years thereafter.
- If families note conditions such as crossed eyes or cataracts, or if the child is considered to be at risk (family history of eyeglass wear before age three, cerebral palsy, Down syndrome, premature birth, or developmental delays), earlier or more frequent examinations may be necessary.

