

# Getting Ready for PreK

**We are so excited to begin our journey of fun and learning together! Often, parents ask how they can help prepare their children for the PreK classroom. Here are a few things you can practice at home that will aid in a successful transition to the classroom:**

- Self-Care Activities, e.g. dressing themselves (Zippers, snaps, and buttons), putting things in their backpack, opening lunchboxes and containers, bathroom independence, cleaning up after playing and eating  
Encourage perseverance! Little ones will develop a sense of pride and accomplishment knowing they can do hard things!
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- Building stamina doing quiet activities (non-screen)— getting used to short periods of quiet activities (reading, board games, drawing, puzzles, etc.) will help student success as they adjust to short classroom learning times.
- Following directions the first time.
- Taking turns. (with peers or with family members)
- Read books and tell stories together
- Engage in conversations with your child, asking questions that require more than a yes or no response
- Fine motor activities! Drawing and coloring, playdoh, scissors, stacking cups, tweezers, stringing beads, etc. are activities that strengthen the muscles essential in handwriting!
- Identifying and beginning to write their first name
- Develop and get into a bedtime routine a couple weeks before school begins. Be sure your child gets enough sleep!
- Be positive about school! Students tend to mirror their parents' attitudes and energy... Your confidence and excitement will help put your child at ease!

