

READY FOR PRE-K



TIPS FOR PARENTS

1. Read books together every day. Ask your child questions about what you read.
2. Work on self-help skills, such as washing hands, using utensils, and putting on shoes.
3. Identify shapes and colors in books and in real life.
4. Establish a morning and nighttime routine and make sure your child gets plenty of sleep.
5. Build fine motor skills. Encourage your child to color, use scissors, and build with blocks.
6. Encourage responsibility. Give your child small tasks and make sure they're completed.
7. Practice having your child follow simple, one- and two-step verbal directions.
8. Talk about numbers, practice counting, and sort items by color or shape.
9. Talk to your child about starting Pre-K and discuss any fears they may have.
10. Build gross motor skills. Encourage your child to run, skip, and jump.

For more on building gross and fine motor skills, watch this video.

