






Preschool Readiness Tips

Dear Families,

Many parents wonder how best to prepare their child for preschool. While letters and numbers certainly play a part, there are broader skills and experiences that make a significant impact on a child's success. Below are seven suggestions to help foster both independence and social readiness.

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1. Real-World Adventures: Taking your child to explore new surroundings--like at nature trails, sporting events, or even a simple day at the park--fuels their curiosity and builds the background knowledge they'll later draw on in imaginative play.
 2. Establish a Reading Ritual: Consistent reading time, even if it's just 10 minutes, strengthens both language skills and your bond with your child. Discuss pictures, ask open-ended questions, and enjoy this special moment together.
 3. Encourage Independent Play & Challenges: Let your child experiment with unstructured time. Reducing screens allows them to face small obstacles on their own--whether it's figuring out a new puzzle or deciding how to entertain themselves--promoting creativity and self-regulation.
 4. Set Clear Boundaries & Logical Consequences: Hearing "no" from time to time is healthy, and following through with fair consequences teaches accountability. This prepares them for the social dynamics of a classroom, where they'll need to share, wait patiently, and respect limits.
 5. Strengthen Fine Motor Skills: Activities like rolling clay/play-doh, squeezing therapy putty, or threading beads build the small hand muscles crucial for writing, dressing, and other daily tasks.
 6. Practice Self-Sufficiency: Encouraging your child to use the toilet independently, dress themselves, and handle simple tasks (like pouring drinks or cleaning up spills) builds confidence. These skills help them feel more secure and capable in a group setting.
 7. Introduce their School Items: As the start of school approaches, they should become familiar with their lunchbox, backpack, and, especially, their rest mat. Children will take pride in carrying their school things and can take comfort in them as well. Practice sitting on and having positive experiences with their rest mat. Reading a favorite story, or snuggling with a lovey or stuffie while resting can help them associate their rest mat as a positive place to be, which will help them as they settle into their school routine.



*this list is an adaptation from preschoolvibes.com

