



As They Grow

Early Learning News for Families of Young Children

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— *School Readiness Topics* —

Preparing Your Child for Kindergarten

Going to school is a big change in your child's life. In order to handle this change, your child must successfully master three earlier tasks.

- ◆ Your child must shift from dependency upon you to dependency upon others. This means your child must allow other people to 1) meet many of his/her needs and 2) relate to his/her in meaningful ways.
- ◆ Your child must learn to manage separation anxiety. Separation anxiety is one of the most painful experiences a child can have.
- ◆ Finally, your child must learn to accept the authority of other adults; namely, the teacher, principal, and other support personnel at the school.

Tips for Separation Anxiety

- ▶ Let your child take something from home to school. Perhaps a picture to tape inside a desk or notebook.
- ▶ Before you leave or your child leaves, say something like, "I'll see you again at (time)."
- ▶ After you say good-bye — **leave**. If you linger because of your child's whining, you are teaching her/him to whine to get what s/he wants.
- ▶ Be where you say you will be when school is over. Be dependable to your child.

What you can do ...

Treat going to school as part of the normal course of events; but, talk about all the changes that will happen. If your child will walk to school, walk the route together before school begins. See if there are neighborhood children that can walk with your child. If your child will ride a bus, explain bus routines. Be sure your child knows what will happen after school. See that your child goes to bed early. A sleepy child simply can't learn as well as a child that has had enough rest. Feed your child breakfast. Students who skip breakfast can become careless and inattentive in late morning.

Let your child know that you understand any concerns about this new situation, but that you know s/he will be able to handle it. All children go to school.

Kindergarten Readiness is...

A child who listens. . .

- to directions without interrupting.
- to stories and poems for five or ten minutes without restlessness.

A child who hears. . .

- words that rhyme.
- words that begin with the same sound or different sounds.

A child who sees. . .

- likenesses and differences in pictures and designs.
- letters and words that match.

A child who understands. . .

- the relationship inherent in such words as up and down, top and bottom, little and big.
- the classifications of words that represent people, places and things.

A child who speaks and can. . .

- stay on the topic in class discussions.
- retell a story or poem in correct sequence.
- tell a story or relate an experience of his/her own.

A child who thinks and can. . .

- give the main idea of a story.
- give unique ideas and important details.
- give reasons for his or her opinions.

A child who adjusts. . .

- to changes in routine and to new situations without becoming fearful.
- to opposition or defeat without crying or sulking.
- to necessity of asking for help when needed.

A child who plays. . .

- and cooperates with other children.
- and shares, takes turns, and assumes his or her share of group responsibility.
- and can run, jump, skip, and bounce a ball with comparative dexterity.

A child who works. . .

- without being easily distracted
- and follows directions
- and completes each task
- and takes pride in his or her work.

Orange Honeyed Acorn Squash

Serving Size: ½ cup. **Yield:** 6 servings. **160 calories. 4 grams of fat. Cost:** \$3.50; 55¢ per serving

Ingredients:

- √ 3 small acorn squash
- √ 2 Tablespoons orange juice
- √ 1/4 cup honey
- √ 2 Tablespoons butter or margarine
- √ 1/8 teaspoon nutmeg (optional)

Instructions:

1. Preheat oven to 400 degrees.
2. Cut squash in half. Remove seeds and place halves in shallow baking pan.
3. Combine orange juice and honey. Mix well. Put some of the orange juice/honey mixture in each squash cavity.
4. Add 1 Tablespoon of the margarine to each squash half. Sprinkle with nutmeg, if desired.
5. Cover pan with aluminum foil to keep steam in and speed cooking.
6. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

Adapted from University of Wyoming Cooperative Extension. Cent\$ible Nutrition Cook Book, p. FV-37

Submitted by: UW-Extension, Racine/Kenosha Nutrition Education Program, 1220 Mound Ave, Racine, WI 53404 (262) 635-6824

UW-Extension Workshops for Parents/Caregivers

- ◇ **Kindergarten Readiness —Barbara Stoffel-Emde, UW-Ext. Early Care & Education Training Coordinator**
Tuesday, May 26, 6-8 PM — Ives Grove Office Complex, 14200 Washington Ave., Sturtevant
Learn what area Kindergarten educators say is important for children to know and be able to do when they enter Kindergarten. Parents and those interested in issues related to young children may register by calling **262 886-8460 by May 19**. To receive **Registry credit or verification of attendance, a \$5 check or money order** to Racine County UW-Extension, 14200 Washington Ave., Sturtevant, WI 53177 must be received by mail or in person on or before the registration deadline of **May 19**. See flyer for detailed information or contact, Barbara Stoffel-Emde, 262-833-8732.
- ◇ **Thriving with Your ‘Spirited’ Child—Barbara Stoffel-Emde, UW-Ext. Family & Community Educator**
Tuesday, June 30, 6-9 PM— Ives Grove Office Complex, 14200 Washington Ave., Sturtevant.
Learn strategies and techniques to “thrive” with a child in your life that is more intense, emotional, persistent, active, moody, loud, anxious, frustrated or a perfectionist. Parents, grandparents, and those interested in issues related to young children may register by calling **262 886-8460 by June 23**. To receive **Registry Barcodes or verification of attendance, a \$5 check or money order** to Racine County UW-Ext., 14200 Washington Ave., Sturtevant, WI 53177 must be received by mail or in person on or before the registration deadline of **June 23**. See flyer for detailed information or contact, Barbara Stoffel-Emde, 262-833-8732.

Racine County UW-Extension - Family Living Programs, 14200 Washington Ave., Sturtevant, WI 53177

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References: **Prepare Your Child for Kindergarten.** Adapted from LeFebvre, J.E. (1997). Parenting the Preschooler. UW-Extension.

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Barbara Stoffel-Emde, Family & Community Educator, Racine County UW-Extension.

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