



# September

## Kindergarten Skills Development

### Skills to Practice this Month

- Provide opportunities for your child to interact with other children and with adults. *In kindergarten your child will spend much of her day with many other children and with different teachers and will be expected to be able to get along with others.*

### Activities

- Talk to your child about things that she can accomplish working with others that she could not do on her own.
- Play games that require two or more people like three-legged relays.
- Have your family work together to create a mural or other art or craft project. Display it proudly in your home. Expand this idea to your extended family or neighborhood. Try a neighborhood wide service project and make a real impact in your community.
- A garden takes a lot of work but if everyone works together to plant, water, and weed the garden, it will be successful. Decide who is responsible for planting, watering, weeding, cutting or picking.
- Plan a family meal with your child in which everyone works together. Choose a recipe. Decide who will chop, pour, and stir.
- Talk with your child about everything that must be done at home to keep the household running smoothly. Create a "chores chart" to record the chores and who is responsible for each task.

### Books for Children

- *The Listening Walk* by Paul Showers
- *The Rainbow Fish* by Marcus Pfister
- *Stone Soup* by Ann McGovern
- *Swimmy* by Leo Lionni
- *Together* by George Ella Lyon

### Books for Parents

- *The Values Book: Teaching 16 Basic Values to Young Children* by Pam Schiller and Tamera Bryant

## Getting Ready to Read

### Skills to Practice this Month

- To improve your child's vocabulary, add more detail to what she says when she talks with you. *Research shows that children who have larger vocabularies are better readers. Knowing many words helps children recognize written words and understand what they read.*

## Health and Wellness

### Skills to Practice this Month

- Children should be screened for common vision problems. *Vision problems affect one in twenty preschool aged children and one in four school aged children. In addition to regular health and dental check-ups, upon entering kindergarten, or shortly after, have your child's vision screened.*

**More information available at <http://www.getSet4k.org>**