



ECPAC
EARLY CHILDHOOD
PARTNERSHIP
OF ADAMS COUNTY

Preparing for Kindergarten



A TRANSITION GUIDE
FOR FAMILIES

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Kindergarten Checklist

A parent is the child's first- and most important- teacher.

- I make sure the school knows how to reach me.
- I check my child's backpack daily and respond to school letters.
- I make sure we have routines for daily activities including bedtime, tooth brushing, bathing, mealtimes, reading together, and talking about their daily activities.
- I let my child know that his learning is important and I want him to do well by supporting his curiosity and praising his hard work.
- I ask my child about his day with questions such as:
 - "What was your favorite thing about today?"
 - "Tell me one thing you did today."
- I have guidelines about how she should behave so that she can do her best.
- I limit the amount of TV, computer, and video game time to 15 minutes each day and regulate the types of programs and games.
- I read or look at books with my child or help my child in a learning activity for at least 15 minutes each day.
- I see that my child gets:
 - At least 10 hours sleep on school nights
 - 5 servings of fresh fruits and vegetables daily
 - At least one hour of active play each day
- I send my child to school in comfortable play clothes and shoes and label all clothing and belongings and help her learn to take care of her things.
- I show a positive attitude about school and show an interest in school projects.
- I make sure my child is at school every day, on time, unless he is sick.
- I make sure my child has health insurance, regular health and dental checkups, and I follow up on any referrals and recommendations.
- I know my child's teacher's name and communicate regularly about any special concerns, accomplishments, needs, or possible problems.
- As a parent, I ask for help when needed.

Sample Calendar- Month 1

<p>This is what you, as parents, can do to support your child in preparation for Kindergarten. Each day's activities are <u>only</u> suggestions and not meant to overwhelm you or your child or be considered "must do homework on certain days." If there are activities your child really enjoys, feel free to repeat these in other months.</p>							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		Help your child practice zipping her pants.	Find words that begin with the 1 st letter of your child's name.		Read a book together and talk about the pictures.		Visit the Library and get a library card
Week 2		Find shapes around your home-inside or outside.		See how many numbers 8 you can find.		Go for a walk and talk about what you see.	
Week 3	Eat together as a family.		Pretend to be jumping or crawling creatures (rabbit, frog, snake)		Help your child practice putting on her shoes.		Return Library Books and check out new ones
Week 4		Find 3 things in your house that start with "K".		Help your child count how many steps it takes to get from one side of your house to the other.		With your child, write a letter to a friend or family member.	Read a book together and talk about the pictures.



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Sample Calendar- Month 2

<p>This is what you, as parents, can do to support your child in preparation for Kindergarten. Each day's activities are <u>only</u> suggestions and not meant to overwhelm you or your child or be considered "must do homework on certain days." If there are activities your child really enjoys, feel free to repeat these in other months.</p>							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Help your child practice writing his name.	Read a book together and talk about the pictures.			Practice counting items 1 at a time by pointing at each item while saying the number.		Visit the Library and get a library card, if you haven't yet.
Week 2		Find 3 things in your house that start with "B".		Read a book together and talk about the pictures.		Listen to different types of music and ask your child how it makes them feel.	Visit a local park or playground.
Week 3	Eat together as a family.			Create a pattern with pasta or beans from the kitchen.			Return Library Books and check out new ones
Week 4	Help your child count to 100.		Listen to or read a book together and talk about the feelings of the characters.		Help your child practice tying her shoes.		



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Sample Calendar- Month 3

<p>This is what you, as parents, can do to support your child in preparation for Kindergarten. Each day's activities are <u>only</u> suggestions and not meant to overwhelm you or your child or be considered "must do homework on certain days." If there are activities your child really enjoys, feel free to repeat these in other months.</p>							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Help your child learn your name.	Play "I Spy" with letters.			Help your child practice washing his hands.		Create a pattern with cereal.
Week 2	Make a puppet out of a paper bag or sock.		Read a book together and talk about the pictures.			Tape paper on the wall and floor, allowing your child to draw in different positions.	
Week 3	Eat together as a family.		Have your child help with dinner.		Sing a favorite song with your child.		Help your child learn your phone number.
Week 4		Practice skipping, hopping, and jumping.		Help your child put his things away where they belong.		Read a book together and talk about the pictures.	



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Sample Calendar- Month 4

<p>This is what you, as parents, can do to support your child in preparation for Kindergarten. Each day's activities are <u>only</u> suggestions and not meant to overwhelm you or your child or be considered "must do homework on certain days." If there are activities your child really enjoys, feel free to repeat these in other months.</p>							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		Find 3 things in your house that start with "T".		Help your child spell his/her name in materials such as sand or corn meal.			Work a simple puzzle with your child.
Week 2			Read a book together and talk about the pictures.		Find square, round, and rectangular objects in your home.		
Week 3	Eat together as a family.		Ask your child about what you did yesterday and what you will do tomorrow.		Talk about a time when someone was either helpful or hurtful.		Take your child and 1 of his/her friends to a nearby park or playground.
Week 4		Read a story with your child, then ask what her favorite part was and why.		Teach your child his birthday and age.		Give your child junk mail to cut into shapes.	



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Sample Calendar- Month 5

<p>This is what you, as parents, can do to support your child in preparation for Kindergarten. Each day's activities are <u>only</u> suggestions and not meant to overwhelm you or your child or be considered "must do homework on certain days." If there are activities your child really enjoys, feel free to repeat these in other months.</p>							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		With your child, write a note to a friend or relative.			Plan a play date for your child with 1 of her friends over the weekend.		Count things like socks, beans, and buttons.
Week 2	Play a board or card game with your child.		With your child, create a name tag for his/her room.			Read a book together and talk about the pictures.	
Week 3	Have your child help with the grocery list.		Have your child help with dinner.				Let your child bring a friend to the library.
Week 4		Help your child learn your address.		Go for a walk and point out the signs and words in the neighborhood.		Follow a recipe and let your child measure, pour, and stir the ingredients.	



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Pre-K Skills for Kindergarten Readiness

Health and Physical Development



- Uses a pencil or crayon
- Has independent restroom and dressing skills
- Shows sense of responsibility
- Gets at least 10 hours of sleep per night
- Has plenty of opportunity to run, skip, jump, hop, and climb
- Attends well-child checks and receives 5 year-old vaccines

Social and Emotional Development



- Listens to, understands, and follows 2-3 step directions
- Understands conversation- turn-taking
- Keeps hands and feet to self
- Plays/works in a group
- Expresses range of emotions, needs, wants, feelings
- Uses a variety of strategies to problem solve, such as shares, takes turns, asks for help.

Communication and General Knowledge



- Is curious- asks questions, uses complete sentences
- Stays with activity for 10-15 minutes
- Tells first and last name, age, birthday, recognizes own name, parents' names, address, and phone number
- Listens to a story and can talk about it
- Can write their name
- Understands common words, shapes, colors, songs, etc.
- Counts to 10, recognizes numbers 1-5
- Knows sounds of letters

What is School Readiness?

School Readiness is...



School readiness describes both the preparedness of a child to engage in and benefit from learning experiences, and the ability of schools, the community, and families to meet the needs of all children. School readiness includes the domains of physical well-being and motor development, social and emotional development, language, literacy, and comprehension development, and cognition and general knowledge. School readiness is enhanced when schools, families, and community service providers work collaboratively to ensure that every child is ready for higher levels of learning.

~ adapted from CDE

Going is important!



If a child misses 10 days of school each year from kindergarten – 12th grade, that child has missed an entire year of school by graduation. Start now getting your child and family in the routine of going to school on time every day by setting and keeping a daily routine.

Research Findings



Children enrolled in a preschool program:

- Were less likely to be placed in special education
- Were more likely to graduate from high school
- Had less criminal behavior at age 14
- Were less likely to be incarcerated as an adult
- Had higher monthly earnings at age 27



Who is ECPAC?

Cultivates excellence/ Promotes shared accountability/ Strengthens public will

Vision: All children are healthy, valued, and thriving

Mission: Build a community where every young child can reach their full potential

ECPAC supports Adams County with the following goals:

- Children are born healthy, into well-prepared families
- Children's health and early learning is supported, at home and in the community
- Children achieve individually appropriate developmental milestones
- Children enter school ready to learn
- Children read with proficiency at the end of 3rd grade

To Find Your School:

Adams 1 (Mapleton): Welcome Center: 303-853-1780 or 8990 York Street, Thornton: Kindergarten Enrollment Starts: All Pre-K students need to choose a Kindergarten by completing an application at the Welcome Center. A confirmation letter will be sent to families indicating school placement for the following academic year.

Adams 12 Five Star Schools (Western Adams County): 720-972-4055 Kindergarten Choice Enrollment Starts: First Round from December 1 to January 31 (for the next school year), Second round from February 1 to March 31 (for the next school year), Third round from early August up to late September (for the current school year)

Adams 14 (Commerce City): 303-853-3333 or 5291 East 60th Avenue, Commerce City: Kindergarten Enrollment Starts: Please call for information.

Adams 50 (Westminster): 303-428-3511 or 6933 Raleigh Street, Westminster: Kindergarten Enrollment Starts: Please contact Adams 50 after the New Year to obtain information for the upcoming school year.

Aurora Public Schools: 303-344-8060 ext. 29036 or 1085 Peoria Street, Aurora: Kindergarten Enrollment Starts: Please call for information.

Brighton 27J: 303-655-2900 or 18551 East 160th Avenue, Brighton or <http://pyxis.sd27j.org/boundarylocator/>: Kindergarten Enrollment Starts: Please contact Brighton 27J after the New Year to obtain information for the upcoming school year.

Additional Resources:

For Learning:



- Information on Growth and Development: <http://earlylearningco.org/>
- Centers for Disease Control and Prevention: <http://www.cdc.gov/ncbddd/actearly/milestones/>
- Head Start, Learning Games and Activities: <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/for-families/Learning%20Games%20and%20Activities>
- Support with Reading: <http://www.readingrockets.org/article/20035>

For Parents:



- Resources for Parents and Families: <http://www.ecpac.org/parents-families/>
- For Fathers: <http://www.fatherhood.org/>
- Family Voices, Keeping Families at the Center of Children's Healthcare: <http://www.familyvoices.org/index.html>
- Peak Parent Center, Helping Families Helping Children: <http://www.peakparent.org/>

For Questions/ Concerns:



- Family First, Colorado, Family Support, Statewide Resource and Referrals: 1-800-children (1-800-244-5373) or www.FamiliesFirstColorado.org
- Child Find, for assessment/identification of special needs (3-5 year olds): <http://www.cde.state.co.us/sites/default/files/Child%20ID%20Directory%20Nov%2015%2013.pdf>
- Many additional resources and supports are located at www.ecpac.org

Partners

Adams 12 Five Star Schools
Adams 14
Adams 50
Adams County Department of Human Services
Adams County Family Child Care Association
Adams County Head Start
Adams County Housing Authority
Adams County Youth Initiative
Adams School District 27J
Anythink Libraries
Child Care Innovations
Children's Outreach Project
Colorado Bright Beginnings
Community Enterprise
Community Health Services
Community Reach Center
Front Range Community College
Growing Home
Horizon Pediatrics
Invest in Kids
Kaiser Permanente
Local Child Care Centers
Mapleton Public Schools
Mountainland Pediatrics
North Metro Community Services
Parents/Families
Rocky Mountain Youth Clinic
Salud
Tri-County Health Department

Contact Us

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