



Child Care Providers
RESOURCE NETWORK

Kindergarten Readiness

Participant Resource Guide

Building a Strong Foundation for Success

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Presentation Overview

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Understanding Kindergarten Readiness

**"THE CHILD IS NOT A VESSEL THAT IS TO BE
FILLED, BUT A FIRE THAT IS LIT."
- JEAN PIAGET**

Kindergarten readiness means being equipped with essential skills and abilities in various areas of development to facilitate a smooth transition to the Full Day Kindergarten program.

Building Essential Skills!

SOCIAL & EMOTIONAL SKILLS

- Positive relationships with peers and adults
- Self-regulation and emotional expression
- Building confidence and resilience

How do we build positive relationships?

- Active Listening
- Group Activities
- Be Consistent and Patient
- Offer Encouragement
- Eye Contact, Touch, in a Playful Situation

How can we build confidence and resilience?

How do we support self-regulation and emotional expression?

- Model
- Expressing /Naming Feelings
- Deep Breathing
- Praise & Encourage
- Visual Cues
- Calming Place

- Offer Choices
- Encourage Exploration
- Positive Reinforcement for Effort
- Develop Social Skills
- Focus on the Learning Process and Growth
- The power of "YET!"

Building Essential Skills!

LANGUAGE & LITERACY DEVELOPMENT

- Early writing skills and fine motor activities
- Vocabulary and language skills
- Encouraging a love of reading

Examples of encouraging pre-writing skills and fine motor activities through play!

- Beading
- Playdough
- Sensory play
- Using age appropriate scissors
- Colouring
- Ripping paper
- Painting with paint brushes or fingers

Ways to develop vocabulary and language skills!

- Talk and listen
- Read aloud
- Use big words(repetition)
- Sing songs
- Ask open-ended questions
- Play with letters
- Play and narrate
- Visit new places
- Play with peers
- Be patient

Encouraging a love of reading!

- Start early
- Fun books
- Read daily
- Let them choose
- Incorporate play
- Show interest
- Have books within reach
- Act out the stories, use voices

Building Essential Skills!

INDEPENDENCE & SELF-HELP SKILLS

- Independence in daily tasks
- Providing opportunities for decision making
- Advocating for needs

Encouraging independence in daily tasks:

- Encourage and praise effort
- Child-sized tools
- Hand over hand
- Break tasks into steps
- Allow time in your routine
- Offer clear instructions, be patient, praise independent behaviour
- Encourage self-help skills, like dressing themselves
- Visuals

Providing opportunities for decision making:

- Offer choices throughout the day
- Involve them in planning the day (where possible)
- Let them choose colours and materials during arts & crafts
- Let them choose between 2 outfits
- Ask their opinions

Advocating for needs:

- "Big Voice!"
- Model
- Use role-play to practice advocating for their needs
- Teach problem-solving for conflicts
- Validate their emotions
- Encourage assertiveness not aggression

Building Essential Skills!

DEVELOPING COGNITIVE SKILLS

- Curiosity and exploration
- Creativity and exploration
- Encouraging problem-solving
- Early math concepts through play

Curiosity and exploration:

- Exposure to new environments
- Create a safe area they can explore freely
- Outdoor play
- Hands-on activities
- Encourage questioning and curiosity
- Follow interests
- Rotate toys

Creativity and exploration:

- Offer a variety of art materials
- Allow for open-ended art activities
- Encourage imagination
- Display and celebrate work
- Try collaborative art projects

Early math concepts through play:

- Counting games with toys
- Shape recognition
- Sorting toys
- Sensory play
- Puzzles

Creating a Safe and Encouraging Learning Environment

HOME ENVIRONMENT- PARENTS/NANNIES

- Begin by child proofing the space to prevent accidents
- Organize learning materials
- Activities based on children's interests
- Provide a cozy nook to promote quiet reading and self-regulation
- Opportunities to socialize with peers
- Use positive reinforcement, praise and encourage efforts
- Model
- Provide age appropriate independent tasks to promote responsibility
- Communication with caregivers

Creating a Safe and Encouraging Learning Environment

HOME CHILD CARE / HOMESCHOOL ENVIRONMENTS

- Begin by child proofing the space to prevent accidents
- Organize learning materials
- Design defined spaces to promote curiosity and exploration
- Routines
- Use positive reinforcement, praise and encourage efforts
- Model
- Provide visuals
- Activities that are based on children's interests
- Provide age appropriate independent tasks to promote responsibility
- Regular communication with parents

Creating a Safe and Encouraging Learning Environment

PRESCHOOL/ NURSERY SCHOOL ENVIRONMENTS

- Organize learning materials
- Design defined spaces to promote curiosity and exploration
- Routines
- Provide a variety of activities that will spark different interests and learning styles
- Encourage self-regulation and positive interactions with peers
- Use positive reinforcement, praise and encourage efforts
- Model
- Provide visuals
- Activities that are based on children's interests
- Provide age appropriate independent tasks to promote responsibility
- Regular communication with parents

Next Steps - Children

SOCIAL & EMOTIONAL SKILLS

- Teach them to express their needs
- Practice assertiveness
- Role-play to practice problem-solving strategies
- Practice morning routines

LANGUAGE & LITERACY DEVELOPMENT

- Learn to recognize name
- Play with letters and sounds
- Fine motor activities to develop hand muscles

INDEPENDENCE & SELF-HELP SKILLS

- Dressing
- Shoes
- Opening and closing lunch containers
- Practice packing backpack
- Dressing
- Independent toileting

COGNITIVE SKILLS

- Introduce them to some new activities and environments
- Ask open-ended questions
- Play with numbers and shapes

Next Steps: Parents!

Home Childcare Providers: An idea is to share these tips with your families! Have them purchase these items ahead of time and send them with their children. Then you could practice with them too!

- Purchase items they will be using:
 - indoor/outdoor shoes
 - backpack
 - lunch box
 - lunch box containers/Tupperware
- Label everything!
- Practice morning routines
- Morning I Love you ritual

- Tips:
 - Communicate with teachers
 - Check backpacks every night!
 - A special place for library books
 - Drop Off: Love them but don't linger



PRO TIPS!

Helpful Items!





PRO TIPS!

Environment Organization



Photo courtesy of Parma Preschool, Parma, Ohio



References & Resources

- WWW.CONSCIOUSDISCIPLINE.COM
Behaviour Guidance & Self Regulation
- [HTTPS://WWW.VIRTUALLABSCHOOL.ORG/LEARN](https://WWW.VIRTUALLABSCHOOL.ORG/LEARN)
How To Set Up Your Environment
- WWW.CCPRN.COM
In-person Children's Events, Adult Workshops, Resources



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Interested in attending more webinars, experiencing our exciting in-person children's events, or learning more about our organization and our mission? Join us as we embark on a journey of knowledge, fun, and growth together!

SIMPLY SCAN THE QR CODE TO EXPLORE AND STAY CONNECTED.

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