Going Into Kindergarten

Tips for Families

Many parents ask us how they can help support their child's learning, as they get ready for school. You may find the following suggestions of value.

Enjoy Books

Read with your child and visit the library together

Practice Numbers

Explore numbers and counting in everyday activities

Strengthen Speaking Skills

Talk, listen, and share conversation with your child

Play and Socialize

Make time for play, together and with other children

Explore Outside

Experience time outdoors together

Establish Sleep Routine

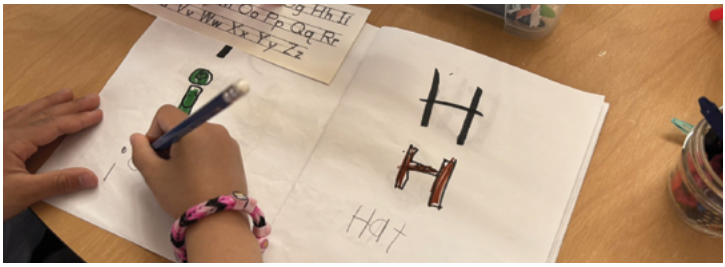
Help your child build consistent sleep routines, aiming for 9-12 hours nightly

Support Healthy Screen Use

Be mindful of screen time, less than 1 hour each day is recommended

Encourage Independence

Practice routines on their own, such as dressing, using the washroom, tidying up, and opening containers



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