

Dear Incoming Transitional Kindergarten Families,

We are looking forward to an amazing year together! While we practice academic skills daily in TK, the most important thing that you can do to set your child up for success is to work on building their independence skills over the summer. This will allow your child to come to school feeling confident and comfortable! Please practice the following skills with your child daily, not only to prepare for TK but for the years to come. We look forward to meeting you at our orientation in August and your child at the student orientation the day before school starts!

Sincerely,

Ms. Sam and Ms. Rachel

The best way to teach a skill to a child is to first show your child how to do the skill while explaining each step. After your child practices and improves, switch to only providing spoken directions as reminders. As they grow more confident, allow your child to practice the skill without your help or guidance. If the skill says "without help", then the goal is that your child will be able to do the following entirely on their own, without needing an adult at all.

Skill	How to Practice
Recognize first name.	Practice finding their name among many others. Don't forget to include names that have the same first letter!
Dress themselves entirely without help.	Practice putting on and taking off their shirt, pants, underwear, socks, shoes.
Use the bathroom entirely without help.	Practice using the bathroom, cleaning themselves, and flushing without an adult in the room and with the door closed.
Put on and take off a sweatshirt without help.	Practice turning an inside-out sweater or sweatshirt the correct way and putting it on.
Use a backpack without help.	Practicing taking off a backpack, opening it, zipping it back up, and putting it back by themselves.
Ask for help with words when needed.	Practice using words like "Please help me" or "I need help, please". Explain to your child that it is ok to need help and that the teachers are there and want to help them.
Take turns.	Practice taking turns while speaking, waiting in line, and playing.
Follow one-step directions.	Practice following simple instructions like "Please put on your shoes" or "Sit at the table, please".