

Kindergarten Parenting Matters™



A RESOURCE FOR PARENTS
OF KINDERGARTEN CHILDREN

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The Importance of Friends

We know that children need to learn about self-control, sticking to tasks and self-direction.

But today we also know that children need the skills that allow them to value and get along well with peers from a wide variety of backgrounds.

That involves learning to cooperate, show caring, and solve problems with friends.

To truly succeed, we have to help each child develop the ability to form and keep relationships, to learn how to control his behavior, and to cooperate with others.

These are skills that are taught both at school and at home.

Parents who talk with their child about how to behave with other children make a huge difference in their child's ability to get along.

Parents who help children develop control of their emotions by talking about feelings and helping their child describe them help their child succeed.

Parents who give clear rules, such as you don't kick people, help their child learn appropriate behavior.

This kind of help and letting your child know when he is helpful, generous or kind helps him feel good about himself and really makes those actions a part of his life.



Gullo, D. F. (ed), *Teaching and Learning in the Kindergarten Year*, NAEYC, Washington, DC, 2006.



Fathers Take Action

Spending time with your child doesn't necessarily have to mean attending sporting events,

carnivals, and such. Simple tasks like running errands together on the weekends will still allow you to spend one-on-one time together, which is what relationships are all about. This is a worthwhile investment in your child. Time alone with you is something she really needs.

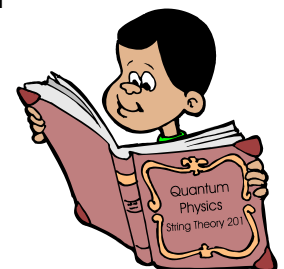
Fathering: What Does it Mean to be an Involved Dad?, <http://civitas.org/fathering.html>

Reading Has Many Parts

To help your child become a reader there are some things you can do that will really make a difference. Help him recognize letters of the alphabet and what they sound like.

Give him lots of practice on rhyming. Read books with rhymes and play games with rhyming. And then just read, read, read together.

The more you do these activities, the better reader he will become. He will thank you and so will his school.



TEACH PLAY

One way to teach your child how to play with others is to play with her a bit each day. Use play things like drawing material, blocks, Lincoln Logs, or anything that you share together. This gives a chance to model taking turns, sharing, waiting and giving compliments.

Webster-Stratton, C., *The Incredible Years*, Seattle, WA, 2006.

Get Ready for



The calmness of your five-year-old is slowly going away, ready to be replaced with more restless behavior.

The typical six-year-old is almost constantly active.

The teacher of kids this age will tell you that even sitting for many boys is difficult.

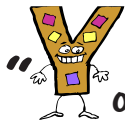
He is everywhere including climbing trees and crawling over and under anything he can find.

He is everywhere in the room and not always with the best coordination.

He likes boisterous scramble type play, wrestling with his father or a sibling even when it frequently ends in disaster.

He doesn't always know when to stop.

If you worry about your child being difficult to control, do not become equally out of control. You need to be the appropriate example.



our child will be as obedient as you expect or as defiant as you allow. . .

Children don't know what behavior is acceptable or unacceptable until you tell them."

-William and Martha Sears,
The Discipline Book

Why Helmets?

Since more childhood injuries are the result of bicycle accidents than anything else except car accidents, wearing a helmet should be a must.

The head is the most important part of the body and needs to be protected.

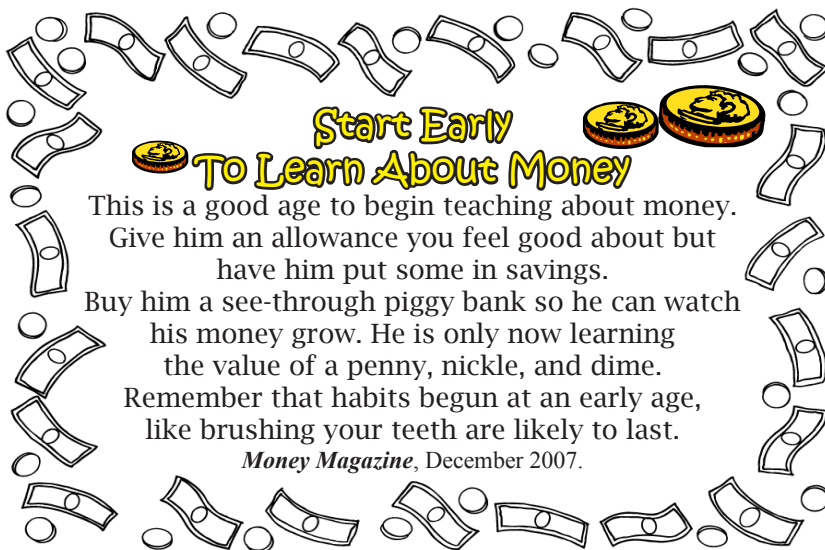
Cuts, broken bones, and bruises will heal but head injuries can be permanent and serious.

Girls are more like to wear helmets than boys.

Only half of kids 5 to 9 wear helmets.

But helmets can prevent over 80% of head and brain injuries.

Trachtenberg, J., *Good Kids*, Bad Habits, Collins, NY, 2007.



Talk About Families

When you talk about families with your kindergarten student, she understands these are groups. You can talk about color families, animal families or even classroom families. The reason she understands about families is that she is part of a family. Talk about as many different groups as you can think of because grouping and sorting is an important skill.

Washington State's Essential Academic Learning Requirements, *Science*, www.k12.wa.us

Want Your Child to Succeed in School? Learn How to Help Her With Reading

As your awareness of your child's early reading grows, so does her reading skill. Over the past months we have written about many ways to help her learn to read. Be sure to keep working together with her on these, as repetition is the key to learning. Here is this month's hint on ways you can help and ways you can learn what we are trying to do in her class in the Bremerton Schools. Have fun with these new ways to help her.

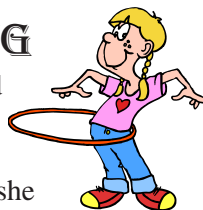


Fluency helps your child to read quickly and accurately. First, she begins to recognize letters and small, simple words such as "and, the, a, is". As she begins to recognize more words automatically, she will be able to group words together to help her understand what she is reading. Most beginning readers do not read fluently, so expect her to be choppy and slow and make a lot of mistakes. With practice she will recognize more words and be on her way to becoming a more fluent, rapid, and effortless reader.

Armbruster, B. B., Lehr, F., & Osborn, J., *A Child Becomes A Reader*, Partnership for Reading, Spring 2003.,
Armbruster, B. B., Lehr, F., & Osborn, J., *Put Reading First*, Partnership for Reading, September 2001.

WORKING HARD AT SOMETHING

A skill you can help your child learn is to work hard and to keep at a task. Talk with her about what that means. See if she can think of sometime when she kept trying and trying and finally succeeded and how good she felt when her hard work paid off.

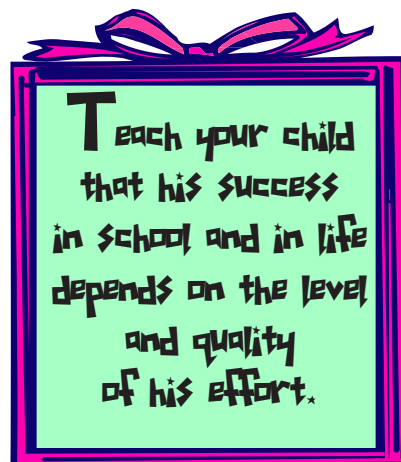


Bring up all the things like telephones, cars, or computers that other people figured out through hard work. Those people who invented those things had to really try hard. Maybe when you go to the library you can find a book about someone famous who invented something. At the very least, remind her how long it took her to learn to ride her bicycle or do the hula hoop. Sing the song "The Itsy, Bitsy Spider" together. He kept trying even when the rain had washed him out!

<http://www.getset4k.org/default.asp?cat=1&month=3>

A Great Project

Plan a project with your child that requires several steps to complete. It's a great time of the year to plant a vegetable or flower garden or just plan and prepare a meal together. Be sure to finish each step of the project before moving on to the next step or starting something new.



Brushing Still Counts

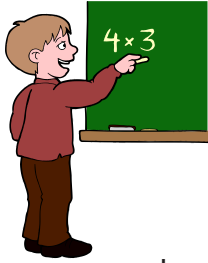
Encourage your child to be a really good tooth brusher. Explain to him that when he brushes his teeth, he brushes away the germs and keeps his smile happy and sparkling. Have him show off his smile to people such as his grandparents or a favorite neighbor.



If he wants to brush by himself, let him do it for the morning brushing and you keep doing the evening one. Pediatric dentist, Dr. David Levine says "The most important brushing with young children is the nighttime brushing."

www.pbs.org/parents/talkingwithkids/health/images/pic

What My Child Is Learning This Year?



Math is everywhere in our environment. We see it and use it everyday, even when we aren't aware of it. This year your child is learning all the beginning concepts of math that will be built upon during his education. Here is some of the math he is learning during his kindergarten year:

Math

- learns numbers 0-30 by sight
- learns to count to 100
- learns basic shapes
- counts objects to 30
- learns basic addition and subtraction skills to 6, using objects to help him
- learns patterning skills
- learns to count by 10's to 100
- sorts objects
- understands more and less

Play Letter Games **F**

Your little one needs to know the names of letters instantly. Make games of it.

Using a favorite book, help him through the alphabet by finding an "a" then a "b" then a "c" and so on. See how long it takes him to go through the alphabet.

Then have him go through the alphabet and find each letter but only say the sound of the letter.

Make this fun because learning is fun.

If you have any questions call the Bremerton School District at (360) 473-1061 or Parenting Matters toll free at (866) 943-5437

or e-mail us at sandy.hendrickson@bsd.wednet.edu

"Normal children test limits. Persistent children test limits many times. Remember that persistence is an excellent adult trait. You want to guide it, not crush it. Before you make a rule, decide what you will do if your child tests or challenges it."

-Elizabeth Crary, Love and Limits

Talk About Everyone In The Family

Talk about everyone in the family's name.

See if she can tell you what letter does each name start with?

Certainly make sure she knows how to spell her own name and the name of her brother. Not only does this help her learn her letters, it also helps her be excited about letters and see how useful they are.

None of us want to spend time learning things that aren't useful.



Parents of kindergarten children!

We are so pleased with the progress our children are making in full day kindergarten! Many of our children are reading thanks to our families support and our teachers. If your child is struggling, please contact your school's reading specialist to talk about ways that we can work together to provide more practice opportunities.

Linda Sullivan-Dudzic, Special Programs
Director 473-1061