

SEPTEMBER

Kindergarten Skills Development: Skills to Practice this Month

Provide opportunities for your child to interact with other children and with adults. In kindergarten your child will spend much of her day with many other children and with different teachers and will be expected to be able to get along with others.

Getting Ready to Read: Skills to Practice this Month

To improve your child's vocabulary, add more detail to what she says when she talks with you. Research shows that children who have larger vocabularies are better readers. Knowing many words helps children recognize written words and understand what they read.

Health and Wellness: Skills to Practice this Month

Children should be screened for common vision problems. Vision problems affect one in twenty preschool aged children and one in four school aged children. In addition to regular health and dental check-ups, upon entering kindergarten, or shortly after, have your child's vision screened.

Activities

- Talk to your child about things that she can accomplish working with others that she could not do on her own.
- Play games that require two or more people like three-legged relays.
- Have your family work together to create a mural or other art or craft project. Display it proudly in your home. Expand this idea to your extended family or neighborhood. Try a neighborhood wide service project and make a real impact in your community.
- A garden takes a lot of work but if everyone works together to plant, water, and weed the garden, it will be successful. Decide who is responsible for planting, watering, weeding, cutting or picking.
- Plan a family meal with your child in which everyone works together. Choose a recipe. Decide who will chop, pour, and stir.
- Talk with your child about everything that must be done at home to keep the household running smoothly. Create a "chores chart" to record the chores and who is responsible for each task.

Books for Children

- *The Listening Walk* by Paul Showers
- *The Rainbow Fish* by Marcus Pfister
- *Swimmy* by Leo Lionni

Books for Parents

- *The Values Books: Teaching 16 Basic Values to Young Children* by Pam Schiller and Tamera Bryant