



**"Ready, Set, Kindergarten:  
A 36-Week Parent Guide to Preparing Your Child for School Success"**

**Program Overview:** This program is designed to help parents prepare their children for a successful transition into kindergarten. It covers essential skills, knowledge, and activities that parents can use to ensure their child is ready for the academic and social challenges of school. The program also emphasizes the importance of creating a nurturing and supportive home environment that encourages learning and development.

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**Weeks 1-4: Understanding Kindergarten Readiness**

**Week 1: What is Kindergarten Readiness?**

- Overview of the skills and knowledge children need for kindergarten
- Importance of early childhood education and its impact on future success

**Week 2: Social and Emotional Development**

- Encouraging positive social interactions with peers and adults
- Teaching emotional regulation and empathy

**Week 3: Language and Communication Skills**

- Importance of reading to your child daily
- Encouraging verbal communication and expanding vocabulary

**Week 4: Fine and Gross Motor Skills**

- Activities to develop hand-eye coordination and fine motor skills
  - Encouraging physical play to build gross motor skills
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## **Weeks 5-8: Building a Strong Learning Foundation**

### **Week 5: Early Literacy Skills**

- Introducing letter recognition and phonemic awareness
- Engaging in pre-reading activities like storytelling and rhyme games

### **Week 6: Early Math Skills**

- Teaching basic number recognition and counting
- Simple activities to introduce concepts of shapes, patterns, and sizes

### **Week 7: Encouraging Curiosity and Exploration**

- Fostering a love for learning through curiosity-driven activities
- Importance of asking questions and exploring the environment

### **Week 8: Developing Problem-Solving Skills**

- Simple puzzles and games to develop critical thinking
- Encouraging your child to find solutions to everyday problems

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## **Weeks 9-12: Creating a Supportive Learning Environment**

### **Week 9: Establishing a Routine**

- Creating a daily schedule that includes time for learning, play, and rest
- Importance of consistency in routines for young children

### **Week 10: Creating a Learning Space at Home**

- Setting up a dedicated area for learning activities
- Tips for organizing materials and resources

### **Week 11: Positive Reinforcement and Encouragement**

- Using praise and positive reinforcement to encourage effort
- Building confidence through small successes

### **Week 12: Managing Screen Time**

- Guidelines for appropriate screen time for young children
- Encouraging active play and interactive learning over passive screen use

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## **Weeks 13-16: Social Skills and Independence**

### **Week 13: Teaching Sharing and Cooperation**

- Activities to teach sharing, taking turns, and working together
- Role-playing and social stories to reinforce these skills

### **Week 14: Encouraging Independence**

- Allowing your child to make choices and complete tasks independently
- Teaching self-care skills like dressing, washing hands, and cleaning up

### **Week 15: Understanding Rules and Following Directions**

- Teaching your child to listen and follow simple instructions
- Practicing following directions through fun activities

### **Week 16: Building Relationships with Peers**

- Encouraging playdates and group activities to build social skills
- Helping your child navigate friendships and social dynamics

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## **Weeks 17-20: Academic Skills Development**

### **Week 17: Enhancing Vocabulary and Language Skills**

- Introducing new words daily through reading and conversation
- Encouraging storytelling and creative expression

### **Week 18: Introduction to Writing**

- Activities to develop pre-writing skills, such as tracing and drawing
- Teaching your child to write their name and simple words

### **Week 19: Basic Math Concepts**

- Introduction to simple addition and subtraction using objects
- Teaching concepts of more/less, big/small, and counting backward

## **Week 20: Developing Early Science Skills**

- Encouraging observation and experimentation with simple science activities
  - Exploring nature and asking questions about the world around us
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## **Weeks 21-24: Emotional and Behavioral Readiness**

### **Week 21: Managing Emotions**

- Teaching your child to identify and express their emotions
- Strategies for managing frustration, anger, and sadness

### **Week 22: Building Resilience**

- Encouraging a growth mindset and the importance of persistence
- Teaching your child to bounce back from setbacks

### **Week 23: Understanding and Respecting Authority**

- Teaching your child to respect teachers and follow classroom rules
- Role-playing scenarios to practice respectful behavior

### **Week 24: Developing Patience and Self-Control**

- Activities to teach waiting, taking turns, and delaying gratification
  - Reinforcing the importance of self-control in social situations
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## **Weeks 25-28: Preparing for the Transition to Kindergarten**

### **Week 25: Introduction to the School Environment**

- Visiting the kindergarten classroom and meeting the teacher
- Familiarizing your child with the school setting and routine

### **Week 26: Practicing School Skills at Home**

- Simulating school activities at home, such as circle time and storytime
- Practicing packing a backpack and preparing for the school day

## **Week 27: Encouraging Independence in School-Related Tasks**

- Teaching your child to dress, pack lunch, and manage personal belongings
- Reinforcing the importance of personal responsibility

## **Week 28: Social Skills for the Classroom**

- Practicing classroom behaviors like raising a hand and waiting in line
  - Teaching your child how to ask for help and interact with teachers
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## **Weeks 29-32: Final Academic and Social Preparations**

### **Week 29: Reviewing Literacy and Math Skills**

- Reinforcing letter recognition, phonics, and basic math concepts
- Fun review activities to solidify academic skills

### **Week 30: Enhancing Listening and Attention Skills**

- Teaching your child to focus on tasks and follow multi-step instructions
- Activities to improve attention span and concentration

### **Week 31: Encouraging Creativity and Imagination**

- Providing opportunities for creative play, art, and storytelling
- Importance of imagination in cognitive development

### **Week 32: Building Confidence for Kindergarten**

- Celebrating your child's achievements and readiness for school
  - Positive affirmations and encouragement to build self-esteem
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## **Weeks 33-36: Transition and Support for Kindergarten Success**

### **Week 33: Final Preparation for Kindergarten**

- Reviewing school readiness checklist and ensuring all skills are met
- Preparing for the first day of school emotionally and logistically

### **Week 34: Developing a Support System**

- Connecting with other parents and the school community
- Understanding how to support your child throughout the kindergarten year

### **Week 35: The First Day of School: What to Expect**

- Preparing your child (and yourself) for the first day of school
- Tips for a smooth and successful start to the school year

### **Week 36: Reflecting on the Journey and Looking Forward**

- Reflecting on the growth and progress made throughout the program
- Setting goals for the kindergarten year and beyond

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This 36-week program is designed to empower parents with the knowledge and tools needed to prepare their children for a successful start to kindergarten. By focusing on key areas such as social-emotional development, academic readiness, and independence, parents can help their children transition smoothly into the school environment, setting the stage for future academic success.