



Getting Ready for Kindergarten

What is Kindergarten Readiness?

Kindergarten readiness isn't about knowing all your letters or being able to sit perfectly still. It's about the **whole child** — and every family will arrive at this milestone from a unique place.

Research tells us that children thrive in Kindergarten when they feel safe, curious, and connected. That's exactly what our classrooms are designed to nurture — from day one.

"Kindergarten readiness is less about what a child knows, and more about how they approach learning — with curiosity, confidence, and a sense of belonging."

Tonight, we'll explore all five domains — Feeling, Belonging, Awareness, Doing, and Expressing — and what they look like in your child's Kindergarten day.

A Whole-Child Approach: The Five Domains

Our presentation today is structured around the five domains of child development. Each one plays a vital role in how your child grows, learns, and connects.

1

Feeling

Emotional Skills

Understanding and expressing feelings, empathy, and self-regulation.

2

Belonging

Social Skills

Building friendships, conflict resolution, kindness, and community.

3

Awareness

Self-Knowledge & Care

Self-identity, independence, and personal health and well-being.

4

Doing

Physical Development

Gross & fine motor skills, outdoor play, movement, and body awareness.

5

Expressing

Language Skills

Listening, storytelling, vocabulary, and early reading & writing.

Each domain comes alive every single day in your child's Kindergarten classroom.

“I am learning how to understand and express my feelings”.



FEELING

Emotional Skills



- **Expresses self with words, rather than acting out**
- **Demonstrates care about what others are feeling**
- **Is curious and shows pride in things they are good at and what they are interested in.**



BELONGING

Social Skills

- **Takes turns and shares**
- **Participates in group activities**
- **Can separate from parent smoothly (separation routines are in place).**
- **Follows simple instructions and routines**

“I am connected to those who care for me, so I feel safe to play and explore the world”.



AWARENESS

Self-Knowledge and Care

“I am aware of who I am, what I can do and also know that I’m part of a bigger community”.



- Recites first and last name
- Washes hands correctly
- Follows proper washroom procedures and is independent
- Dresses appropriately for weather
- Able to put own coat and shoes on
- Can open own snack
- Can ask for help



"I am learning about my body and what it can do".



- Experiments with the tools of school
- Explores with their whole body (climb, dance, twirl, hide)
- Is comfortable outside
- Has enough energy to last the whole day



EXPRESSING



Language Skills

- Speaks in first language and enjoys traditional songs and stories
- Shows interest in reading, writing and telling stories
- Uses words to describe things like shapes, sizes and colours
- Starting to notice words in the world around them
- Beginning to use new words through play and conversation

“I am learning to listen and talk by connecting to others”.

- If you have concerns write them down and provide them to the school at start of year
- Ensure the family questionnaire is filled out and provided to the school.
- Childcare provider questionnaire
- Play “school” with your child. Talk about all the amazing places students get to go (gym, library, playground)
- Visit the school playground outside of school hours
- Visit the forest area adjacent to the school (if there is one)
- Attend the Welcome to Kindergarten event at your school.
- If possible, attend a Strongstart

Tips for Families

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Tips for Families Coming to School

Whether you're starting Kindergarten or returning to school, here are some tips and reminders to help make the transition go smoothly. For more information, contact your catchment school.

Practice Routines

Create Rise and Shine Routines:

- Prioritize essential tasks
- Give plenty of time
- Organize supplies the night before
- Remember a healthy breakfast.

Essentials for a Good Sleep:

- Set a consistent bedtime
- Create a calm down routine

Soft Landings Before and After School

- Have a snack ready
- Talk about the day
- Plan some quiet time

Plan Your Trip

How will you be getting to school?
Practice the route so that it's familiar.

Create Happy Goodbyes

Practice a special wave or signal.
Offer a token (rock, picture etc.) that will remind your child of your support and encouragement.

Let your child know you will be thinking about all the fun they are having and that you will see them soon.

Get Familiar

Visit the school on the weekend to get familiar with the surroundings. For example, play soccer or frisbee on the field.
Take an outdoor walk around the school.
Test out and play on the playground equipment.

Keep It Light

You won't need to bring much for the first day. To start, bring a healthy snack and a water bottle.
Most schools don't expect you to bring supplies right away.

Talk It Out

Let your child know it's normal to be nervous or excited.
Express enthusiasm for new adventures.
Plan to be flexible and patient. It may take a few days before you will know who your child's teacher will be.

For Kindergarten Families: "When I Go to Kindergarten" from the BC Ministry of Education, Supporting the Transition to Kindergarten. <https://www2.gov.bc.ca/gov/content/education-training/early-learning/support/ kindergarten>

For information in other languages, check out this website: <https://www2.gov.bc.ca/gov/content/education-training/early-learning/support/ kindergarten>



Thank You