



# Saint Paul **BLAST OFF** TO KINDERGARTEN

## November

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### Get Ready for School

#### Skills to Practice this Month

- Encourage helpfulness, cooperation, sharing, and concern for others. Help your child to practice sharing toys, books, and other items. Talk to your child about what it means to be helpful and to cooperate with others.
- Establish family rules for behaviors and make sure everyone follows them. Practice following directions. Talk to your child about what rules are and why it is important to follow them.

#### Activities

- Teach your child how to work or play with others. Play games that need 2 or more people.
- Play games where children must follow directions, such as board games, tag, "Follow the Leader," or an obstacles course.

#### Books for Children Further listings available at [www.blastofftok.org](http://www.blastofftok.org)

- *When You Go to Kindergarten* by James Howe
- *How Kind!* by Mary Murphy
- *Anna Shares* by Barbara Baker
- *The Pigeon Finds a Hot Dog* by Mo Willems
- *Slow Train to Oxmoor* by Kurt Cyrus
- *The Lion and the Mouse* by Aesop

#### Books for Parents Further listings available at [www.blastofftok.org](http://www.blastofftok.org)

- *Games for Learning: Ten Minutes a Day to Help Your Child Do Well in School- From Kindergarten to Third Grade* by Peggy Kaye
- *Ready, Start, School! : Nurturing and Guiding Your Child Through Preschool & Kindergarten* by Sandra F. Rief

### Get Ready to Read

#### Skills to Practice this Month

- Read or look at books with your child everyday. Talk together about the pictures and story. Show your child that you are reading the words from left to right and that when you turn the pages, the story progresses from left to right. Let your child turn the pages. Hold the book upside down. See if your child turns the book around.
- Provide books, magazines and other print materials for your child to handle. Follow your child's interests by allowing him to choose books for himself, like trains or cats.

### Be Healthy

#### Skills to Practice this Month

- See that your child has had required immunizations and a current health examination. Check with your child's doctor to be sure that she is up to date on required immunizations. Keep a copy of your child's immunization record. Make an appointment for your child to have a medical check-up before entering kindergarten.
- Help your child learn to eat and wash her hands and face by herself. Help your child practice blowing her nose and covering sneezes. Talk to your child about germs and how they can make us sick.

Visit [www.blastofftok.org](http://www.blastofftok.org) for more information.

Blast Off to K is joint project of the Saint Paul Public Libraries, Saint Paul Public Schools, the City of Saint Paul Mayor's Office, and the United Way.