



Kindergarten, here we come!

May 2007, Issue 1

Important Dates to Remember

We'd love to see you and your child at all of these events!

From Babies to Kindergarteners ...Can you Believe it??

Introduction to the Kindergarten Transition Program



Hi! My name is Tara Olivo. I work with the Community & Family Resource Center here in Lafayette.

We're starting something new!! The first day of school can be a scary and exciting time. There is so much to prepare for that it may seem overwhelming! Our program can help by giving you some practical tips for getting ready for kindergarten.

As part of helping you get ready for school, I will be continually speaking with key staff of local school corporations such as superinten-

dents, kindergarten teachers, and principals to find out what skills they expect from children starting school. This helpful information will then be shared with you through meetings, events, and newsletters like this one.

Thanks for expressing interest in our program! Let's get started!

CONTACT INFORMATION:

Have questions?? Feel free to contact me at:

(765) 414-0561

Or by email: tolivo@cfrc.org

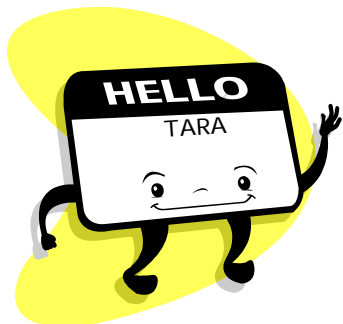
"You will always be your child's favorite toy."

- Vicki Lansky

Book Suggestion for your Pre-Kindergartener:

Look out Kindergarten, Here I Come!

by Nancy Carlson



JUNE:

All the Little Things
Sat. 16th 2-3 PM
Oakland Elementary
(We'll practice cutting, writing & play dough building!)

Let's Get Ready to READ!

Mon. 25th 6-7PM
Downtown Library
(We'll practice reading together & learning our letters!)

June Free Events

At Downtown Library

- Preschool Story Time
6/5/07 @ 11-11:30AM
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6/6/07 @ 11-11:30 AM
- Get A Clue @ TCPL
6/7/07 @ 2-3 PM (Free tickets available at Downtown Ask Here Desk on 6/4/07)
- Preschool Story Time
6/12/07 @ 11-11:30 AM
- Dinosaurs Downtown
6/14/07 @ 7-8 PM (Free tickets avail. 6/11/07 at Downtown Ask Here Desk)

YUM!!



The Food Pyramid

Learning about the major food groups has changed since I was younger! Allow me to introduce you to the new food pyramid.

It's made up of 4 major food groups, and 1 extra group. The major food groups are grains, vegetables, fruits, milk, and meat & beans. The extra group of oils/fats should be used in small amounts in your child's diet.

The recommended daily servings of each food group for children ages 4-6 are: 6 servings of grains (bread, cereal, pasta, crackers); 3 servings of vegetables; 2 servings of fruit; 2 servings of protein (meat, fish, eggs, beans); and 2 servings of milk (milk, cheese, yogurt).

Having a healthy, well-balanced diet helps your child grow physically and mentally strong. Healthier children are better prepared to learn.

Read, read, READ!!

Reading to your child at least 10-15 minutes a day is a great, simple way to prepare your little one for kindergarten!

SUGGESTIONS BOX:

If you or your child have great activity or game ideas, please let us know. Call us at 449-0487!

► Preparing kids for kindergarten, one skill at a time!



Read for fun!

Easy as ABC!!

We see letters everywhere in our daily lives at home, in the car, in the newspaper, or at the store. You can use the letters in the world around you to teach your child about letters, sounds, and words.

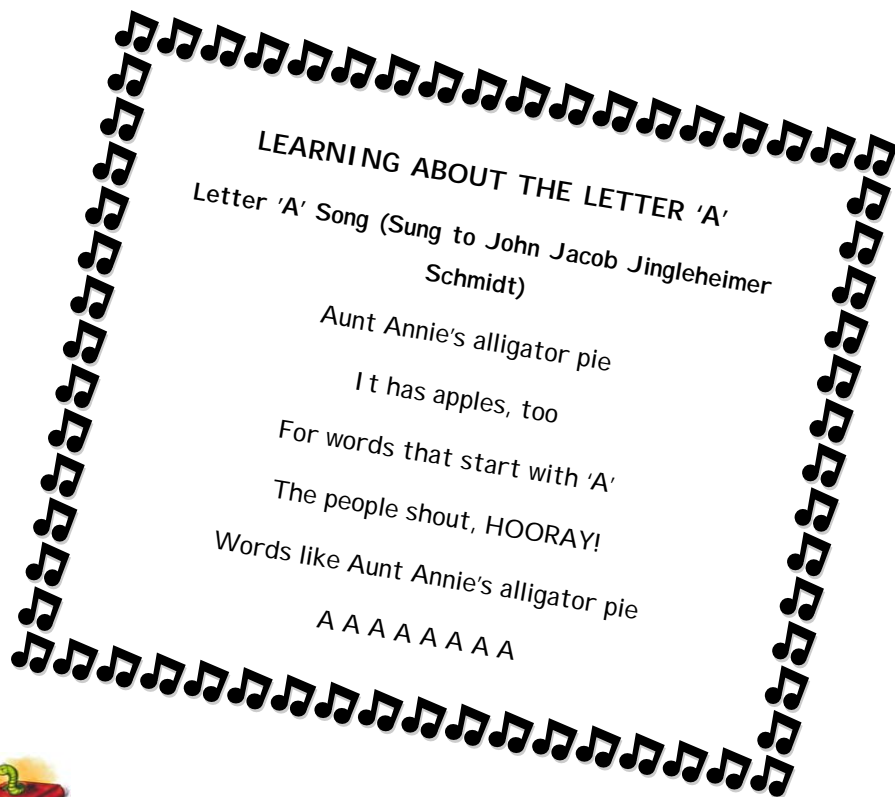
In kindergarten, your child will learn how to say and write each letter in the alphabet. Right now it may be easiest to teach your child the letters in his name.

Here are some ideas to help your child learn the ABCs:

- ◎ Print the letters in your child's name and say each letter as you write it. Ask your child to help you decorate a name sign for her bedroom door.

- ◎ At the store or in the car, point out individual letters in signs, posters, or food containers. For example, ask your child to find the letter "S" on a box of Cheerios in the store.
- ◎ Find some old magazines or newspapers around your house. Circle a letter on the page, and have your child cut out matching letters. (Always watch your child closely when he/she uses scissors).
- ◎ Teach your child the alphabet song, sing it in the car or when your child takes a bath.

Remember to congratulate your child as he is learning about letters. Encourage your child with lots of praise and affection for her efforts.



'P' for piano

