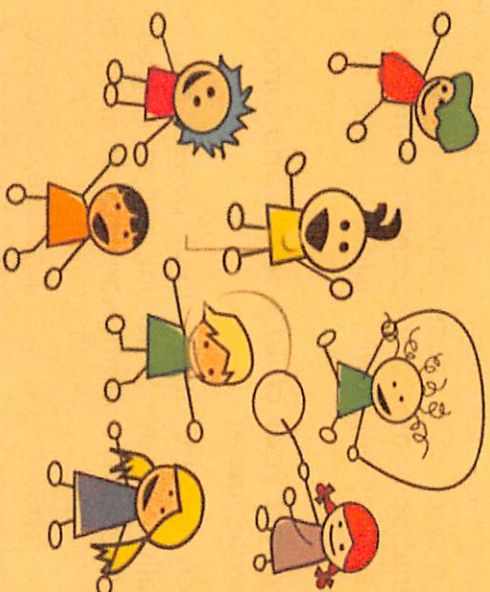


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**Provided by The Point Pleasant Recrea-  
tion Preschool**

How Can I Prepare My Child  
For Preschool?



There is no one quality or skill that children need to do well in school—a combination of factors contribute to school success. These include physical well-being, social and emotional maturity, language skills, an ability to solve problems and think creatively, and general knowledge about the world.

Here are some suggestions of how parents can help ensure school success.

### **1. Promote good health and well-being.**

Children obviously need nutritious food, enough sleep, safe places to play, and regular medical care. In addition to medical and dental checkups and immunizations, preschoolers need opportunities to exercise and develop physical coordination. Throwing balls, running, jumping, climbing, dancing to music— all of these activities will enhance coordination and help children learn important concepts such as up, down, inside, outside, over, and under.

### **2. Support your child's social and emotional development.**

Children who are kind, helpful, patient and loving generally do better in school, and feeling good about oneself is an important aspect of developing desirable social skills. Tell your child how glad you are to be his parent. Set a good example for your preschooler by showing what it means to get along with others and to be respectful. Give children chances to learn about sharing and caring, for example letting them feed hungry birds, or helping them make cookies to welcome a new neighbor.

### **3. Build your child's language and general knowledge.**

There are many things you can do to help your child learn to communicate and develop an understanding of the world. Don't underestimate the value of play! Play allows children to explore, be creative, and develop social skills. It also paves the way for academic learning. For example, children learn key concepts important in geometry while stacking blocks, and playing with others helps develop negotiation skills.

Talk to your child. Everyday activities, such as eating, cleaning up toys, or taking a bath, provide opportunities to talk. Listening and responding to a child is the best way to learn what's on her mind, to discover what she does and doesn't know, and how she thinks and learns. Listening also shows children that their feelings and ideas are valuable. Finally, read together frequently. Fostering your child's love of books is a gift that will last a lifetime!