

## Preparing for Kindergarten: Building Independence at Home

Building independence at home helps children feel more confident and capable as they enter the classroom. These early skills will help you lay the foundation for a smooth transition into kindergarten.



### ✦ Self-Care Skills

Encourage your children to practice zipping jackets, putting on shoes, and managing simple fasteners.

Teach them to open snacks and lunch containers independently.

Reinforce asking to use the bathroom and independent hygiene practices.

### ✦ Communication Skills

Help children articulate when they need help or feel scared. Practice using phrases like "I need help" or "I need to use the bathroom."

Encourage them to name their emotions, such as "I feel scared" or "I feel happy."

### ✦ Following Directions & Routines

Establish and practice a consistent morning routine at home to prepare them for school schedules.

Give children small responsibilities at home, like putting away toys, to build a sense of agency.

### ✦ Why Independence Matters

Developing these skills empowers children to build self-confidence in new environments and helps them adapt to the routines and expectations of kindergarten.

Children who can manage basic self-care and communicate their needs are better able to focus on learning.