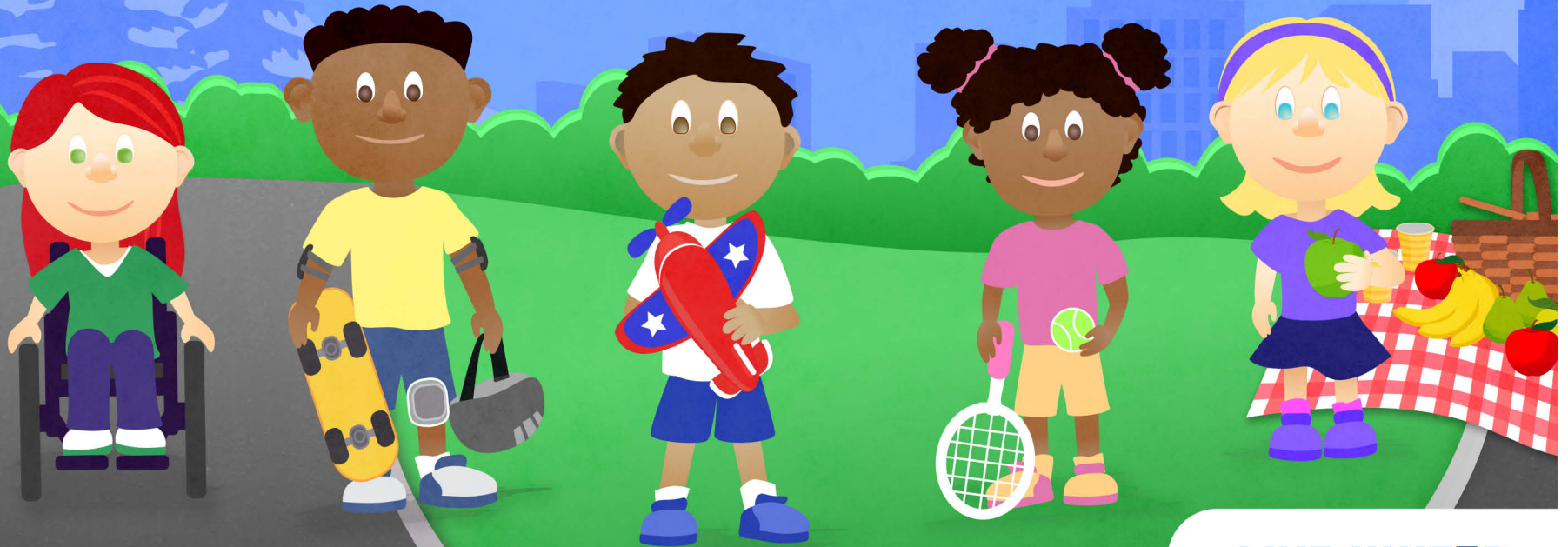


# Kindergarten Readiness Calendar



2022-2023

**LIVE UNITED**



United Way  
of the Blue Mountains

# Welcome

Starting Kindergarten is so Exciting!

## The calendar contains:

- Ideas for fun things to do that will help your child get ready for school
- Kindergarten registration and other school information
- Books every child should hear before starting school
- Contact information for elementary schools and libraries

## Important things to know:

All children are different and learn at their own pace. This calendar will help you plan activities that will help your child grow in the skills needed to start kindergarten. Children do better in school if they know more than just letters, numbers, colors, and shapes. They should have good social and physical skills, and enjoy learning new things. Use the guide below as you work with your child to build those skills and get ready for kindergarten.

## How to use the calendar:

The activities in this calendar are designed for 4 and 5 year olds who will be starting kindergarten next year. They will keep your child busy and learning from September to August. Use this calendar as a guide for fun ideas, but make up some of your own activities too. Be sure to include family members and friends. Have a wonderful year together getting ready for the big event – going to kindergarten!



Having fun is an important part of learning!

Your child learns best when doing fun and interesting things with you!

This school readiness calendar was developed by United Way to help you and your child get ready for that special time - kindergarten!

# Kindergarten Readiness Guide

Use this guide to help prepare your child for school. Don't worry if your child can't do everything on the list right now. Use the items to set goals and remember that children grow and develop at different rates.

## Good Health and Well-Being

### My Child:

- Eats a balanced diet
- Gets plenty of rest
- Sees the doctor and dentist regularly
- Is up-to-date with all shots
- Runs, jumps, plays outside and does other activities that provide exercise
- Colors, paints, does puzzles and other activities that help develop small muscles

## Social and Emotional Development

### My Child:

- Is trying new things
- Is learning to work well alone and do tasks independently
- Is learning to play well with other children
- Is curious and wants to learn
- Is learning self-control
- Is learning to use words to express feelings
- Helps with family chores

## Approaches Toward Learning

### My Child:

- Pays attention during activities
- Is learning to follow simple directions
- Is learning to finish what is started
- Gets to see and touch things, hear new sounds, smell and taste different foods, and watch things move
- Uses imagination

## Language and Literacy

### My Child:

- Has many opportunities to talk and listen
- Is read to every day
- Has access to books and other reading materials
- Is learning about print and books
- Says or sings familiar songs and nursery rhymes
- Is learning to write his or her name and address
- Retells stories

## Math and Problem Solving

### My Child:

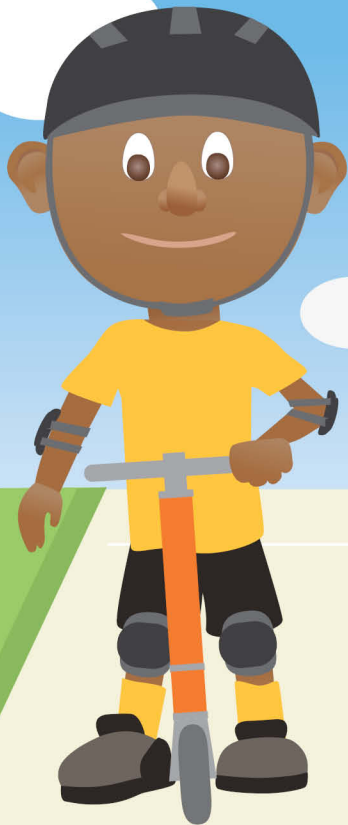
- Is learning to sort and classify things
- Is learning to count and play counting games
- Is learning to name shapes and colors
- Makes and listens to music
- Is encouraged to ask questions
- Is encouraged to solve problems
- Has opportunities to draw and be creative
- Has many opportunities to experience new things
- Likes to solve problems



Make Every Day A "Learning Day" with Your Child!



# Health and Safety First



September 2022

## Suggest activities that get your child moving.

- Plan family outings that involve exercise.
- Give your child household chores that include movement.
- Use the stairs whenever possible.
- Choose gifts that encourage exercise.
- Limit TV, movies and computer games.

## Encourage healthy eating.

- Keep healthy snacks on hand.
- Plan meals together that include several food groups.
- Visit the farmers market for fresh foods.
- Grow vegetables in a pot or garden.
- Make sweet treats a treat.
- Visit the dentist every six months.

## Teach good hygiene.

- Teach your child to wash his hands after using the bathroom.
- Show them how to cover a cough or sneeze.
- Encourage your child to brush their teeth every day.

## Be safety smart.

- Have a family fire safety plan.
- Teach your child about dialing 9-1-1.
- Check the fit of safety equipment like car seats and bike helmets.



SUNDAY

MONDAY

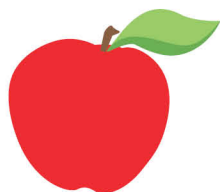
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



4

5

This week, look for things that are **red**.

Labor Day

6

7

Exercise to music together.

8

9

Teach your child that medicine is not candy.

10

11

12

13

Find things that begin with the letter "S."

Grandparents Day

14

15

Teach your child to ask for help when it is needed.

16

Mexican Festival of Independence

17

Make a salad together.

18

19

Practice counting from 1 to 10.

20

21

Make a dental appointment for your child.

22

First Day of Fall

23

Collect shoes from around the house, mix them up, then match the pairs.

24

25

26

27

Go to the library and find out when story time is offered.

28

29

With your child, pretend you are grasshoppers, gorillas and goats.

30

Rosh Hashanah begins



Library  
**BOOKS**  
to **LOOK** for:

The Three Billy Goats Gruff by Peter Asbjornsen • Big Fat Hen by Keith Baker • Shark Vs. Train by Chris Barton  
Madeline by Ludwig Bemelman • Barnyard Dance by Sandra Boynton • Snip Snap What's That by Mara Bergman  
I Ain't Gonna Paint No More by Karen Beaumont

# Read With Your Child Each Day



October 2022

## Create a reading place for your child.

- Keep your child's books in a special place and easy to reach.
- Put a small rug or pillow in the special place to make it a fun place for reading.
- Talk with your child about how to take care of books.

## Give your child different types of books to read.

- Get a library card for you and your child and visit the library often.
- Visit the children's section of the library together and choose books to take home.
- Look for books in other places.
  - From friends and relatives
  - At garage or yard sales
  - At book stores

## Make some time each day to read with your child.

- Read in a quiet place.
- Hold your child close to you when you read.
- Read your child's favorite books over and over.
- Help your child understand that reading is important.

## Let your child join in the reading.

- Before you start reading, let your child look at the pictures and guess what the book is about.
- Show your child how to read a book (from left to right and front to back).
- Encourage your child to point to the pictures in the book.
- After reading a book, ask him to tell the story in his own words.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

With your child, write a note to a friend or relative.

2

Find the number "2" on different things.

3

4

Yom Kippur begins

5

Find things that come in pairs.

6

7

Cut up an old greeting card in puzzle-like shapes and fit the pieces back together.

8

9

This week, look for things that are orange.

10

Indigenous Peoples' Day  
Columbus Day

11

Find the letter "P" on different things.

12

13

Make a shopping list with your child.

14

15

Draw something that is orange.

16

17

This week, find the letter "N" on things around the home.

18

19

With your child, look at the pictures in a book before you read it.

20

21

Talk about how all feelings are okay but not all actions are okay.

22

23

24

25

Have your child choose a special topic and together, find a library book about it.

26

27

Collect and sort autumn leaves.

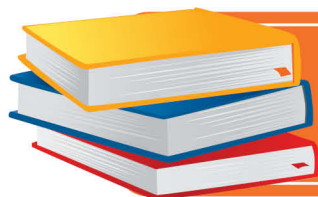
28

29

30

31

Halloween



Library  
**BOOKS**  
to **LOOK** for:

Goldilocks and the Three Bears by Jan Brett • Goodnight Moon by Margaret Wise Brown  
The Very Hungry Caterpillar by Eric Carle • Stellaluna by Janell Cannon • Freight Train by Donald Crews  
Click Clack Moo: Cows That Type by Doreen Cronin



# Encourage Your Child to Listen and Use Words to Express Ideas and Feelings



November 2022

## Take time each day to listen and talk with your child.

- While traveling:
  - Turn off the radio
  - Encourage your child to talk about where you are going and what you will do when you get there
- At home:
  - Turn off the TV at mealtime and talk about things that interest your child
  - Talk about things each of you did that day

## Use pictures to help your child express ideas.

- Look at pictures in books together.
- Ask your child to tell you what he sees in each picture.
- Have your child draw a picture and then tell you about it.

## Have your child express different feelings.

- Read books that explain different feelings.
- Talk about times people feel sad, happy, angry or scared.
- Make faces or voices that show feelings.
- Help your child name feelings while he or she is experiencing them.

## Provide activities that involve listening and following directions.

- Have your child do two things in order like:
  - Pick up her plate and put it in the sink
  - Hop to the door and open it

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 Pick a new book and encourage your child to guess what the story will be about by looking at the cover.

2

3 Find the number "3" on different things today.

4

5

6

7 While in line, talk about waiting your turn.

8

9 Look for the letter "T" today.

10

11 Practice shoe tying.

12

Daylight Savings

Election Day

Veterans Day

13 During the day, have your child tell you when it is morning, afternoon and night.

14

15 Exercise with your child. Hop and do arm circles, counting them as you go.

16

17 With your child, make up a story about turkeys, tortillas and turtles.

18

19 With your child, listen for different kinds of sounds everywhere you go today.

20

21 This week, look for things that are **brown**.

22

23 Make a list of things you are thankful for.

24

25 With your child, trace the letters of their first name.

26

Thanksgiving

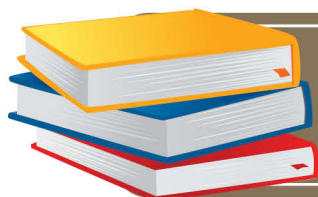
27

Find the letter "H" this week.

28

29 Draw a picture of your whole family.

30



Library **BOOKS** to **LOOK** for:

Pete the Cat & His Four Groovy Buttons by James Dean • Jamberry by Bruce Degen  
Are You My Mother? by P.D. Eastman • Go Away, Big Green Monster by Ed Emberley  
Olivia by Ian Falconer • Color Zoo by Lois Ehlert

# Make Time for Family



December 2022

## Encourage family closeness.

- Keep a family journal for everyone to write or draw in.
- Call a relative to say "I love you."
- Eat meals together.
- Create your own family holiday greeting cards.
- Invite family members to your children's activities.
- Share and record great family stories.

## Reduce stress.

- Take a walk, hike or bike ride for a healthy family activity.
- Start a family game night and play games like "Twister."
- Volunteer to help someone in need.
- Stay true to routines like bed time and meal time.
- Do chores together.
- Laugh together.

## Establish family traditions.

- Draw secret pal names and do acts of kindness.
- Have a special meal plate that is used to celebrate special occasions.
- Let the birthday person choose their favorite meal.
- Take turns choosing a dinner topic of discussion.

## Make cooking and meal time family time.

- Turn off the TV at cooking and meal times.
- At the table, talk about things that interest your child.
- Share choices about a meal with your child.
- Shop for ingredients together and let your child pick a fruit, vegetable or meat.



SUNDAY

MONDAY

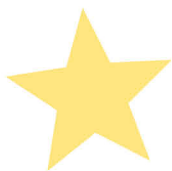
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

2

Use an egg carton to sort beans, buttons or beads.

3

4

Find the number "4" on things around the store.

5

6

With your child, pretend to be snowflakes, snowballs and snowmen, then melt.

7

8

Put on music and dance fast, slow, happy and silly.

9

10

11

12

Help your child practice zipping their coat and then take a walk together.

13

14

Help your child write the letters of his first name.

15

16

Look for the letter "B" today.

17

18

19

20

Draw a winter picture.

21

22

Make cookies with your child to share as a gift.

23

24

Hanukkah begins

First Day of Winter

Christmas Eve

25

26

This week, look for the letter "D."

27

28

Count backwards from 10 with your child.

29

30

Call a loved one.

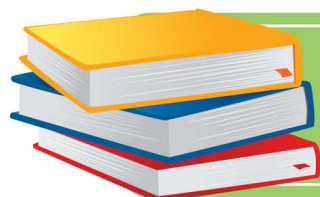
31

Christmas Day

Kwanzaa begins



New Year's Eve



Library BOOKS to LOOK for:

Bark, George by Jules Feiffer • Blue Chicken by Deborah Freedman • Corduroy by Don Freeman  
The Gingerbread Boy by Paul Galdone • My Father's Dragon by Ruth Stiles Gannett  
Apple Pear Orange Bear by Emily Gravett • Chrysanthemum by Kevin Henkes

# Make the Most of TV, Videos and Computers



Can You Find the Red Circle?



## January 2023

### Use media as learning tools.

- Select TV programs carefully. Ask yourself, “Does this program teach what I want my child to learn?”
- Check out interesting videos and DVDs from the library. Discover the world of animals, sea life or outer space.
- Reinforce basic skills like colors, shapes and counting with quality computer games.
- Encourage listening by playing different types of music.

### Limit children’s total screen time.

- Set limits for TV and computer use.
- Turn the TV off when no one is watching it. Turn it on when you want to watch a specific program.
- Keep the TV and computer in a public area of your home.

### Monitor the media your child is using.

- Select age appropriate TV programs, videos, music, video games and websites.
- Preview programs, videos and websites so you know exactly what your child will see.
- Watch together and talk about what you see.

### Avoid making TV a centerpiece of home life.

- Encourage reading, drawing, playing outdoors, listening to music or card and board games.
- Turn the TV off at meal time and talk about some things each of you did that day.
- Be a role model and set an example by watching less TV yourself.

SUNDAY

MONDAY

TUESDAY

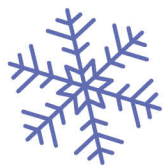
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1



New Year's Day

2

3

Play "Simon Says" with your child.

4

5

Look for the number "5" today.

6

7

Ask your child to draw pictures of different places.

8

9

This week, look for things that are purple.

10

11

Create an obstacle course that requires big movements.

12

13

Practice being quiet for one minute and then for two minutes.

14

15

Teach your child their address.

16

Martin Luther King Jr. Day

17

Practice counting to 10 (or higher!)

18

19

Help your child make a blanket fort and then read inside of it.

20

21

Find the letter "J" in newspapers or magazines.

22

23

Find things that begin with the letter "A."

24

25

Today, play toss and catch.

26

27

Read two books today.

28

29

30

31

Make counting fun by asking things like "How many windows are in this room?"



Library **BOOKS** to **LOOK** for:

Bread and Jam For Frances by Russell Hoban • Harold and the Purple Crayon by Crockett Johnson  
Splash! by Ann Jonas • The Wolf's Chicken Stew by Keiko Kasza • The Snowy Day by Ezra Jack Keats  
Caps For Sale by Esphyr Slobodkina • Seals on the Bus by Lenny Hort



# Encourage Your Child to Use School Tools Such as Pencils, Markers, Crayons and Scissors



February 2023

## Gather and organize tools for drawing, writing and cutting.

- Help your child choose a container for drawing and writing materials.
- Decide on the rules for using drawing and writing materials. For example, “Markers may only be used at the table” and “Scissors are for cutting paper,” are good starting rules.
- Find a special place to display drawings and projects your child has made.

## Let your child experiment with drawing.

- Let your child draw pictures in different places.
  - In the kitchen when you are cooking
  - At the park
- Talk with your child about her pictures.
- Praise your child’s efforts. Remember, perfection is not the goal.

## Let your child see that words on paper are part of daily life.

- Make a shopping list together.
- Put your child’s name on his things.
- Leave notes for family members.

## Help your child practice using scissors.

- Decide where your child will be allowed to use scissors and talk about safety when using them.
- Show your child how to hold scissors and paper while cutting.
- Give your child newspaper, magazines or junk mail to cut.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

2 Groundhog Day

3

4 With your child, talk about animals with 2 legs/4 legs.

**Kindergarten Registration**  
Many schools begin kindergarten registration as early as February. This is a good month to check with your local school for registration information.

5

6 Today, find the number "6" on things.

7

8 With your child, pretend you are lions, logs and falling leaves.

9

10 Play "I love you more than..."

11

12

Find the letter "V" today.

Lincoln's Birthday

13

14 Draw a Valentine's Day heart with your child.

Valentine's Day

15

16 Schedule a six-month dental check-up for your child.

17

18 Count all the doors or windows in your home with your child.

19

20 Teach your child his phone number.

Presidents' Day

21

22 Find the letter "I" this week.

Ash Wednesday  
Washington's Birthday

23

24 Talk with your child about what he or she enjoys doing.

25

26 This week, look for things that are pink.

27

28 Today, find things with the letter "L" on them.



Library **BOOKS** to **LOOK** for:

Anansi and the Moss-Covered Rock by Eric Kimmel • I Want My Hat Back by J. Klassen  
Frog and Toad Are Friends by Arnold Lobel • Leo The Late Bloomer by Robert Kraus • Wave by Suzy Lee  
The Story of Ferdinand by Munro Leaf • All Aboard the Dinotrain by Deb Lund

# Help Your Child Become Aware of the Letters, Words and Sounds of Language



March 2023

## Teach your child the letters of the alphabet.

- Make cards with one letter of the alphabet on each card.
- Lay out the cards and sing the alphabet song together. Ask your child to touch each letter as you sing.
- Read alphabet books and encourage your child to name the letters he or she recognizes.
- Play "Find the Letter" with your child when you are out shopping.

## Teach your child that words have meanings.

- Help your child recognize his or her first name in print.
- Invite your child to "read" the names of familiar stores, signs and products.
- Help your child make a dictionary with some of his or her favorite words listed under each letter of the alphabet. Ask your child to draw a picture next to each word.

## Help your child match letters to sounds.

- Tape pictures of items that begin with the same letter on the back of each alphabet card. For example, a picture of a banana would go on the back of a letter "B" card.
- Write down a letter and tell your child the sound that letter makes. Ask your child to name other words that have that beginning letter sound.

## Play with rhyming sounds.

- Find different items around the house like a sock, ball or hat. For each item, ask your child to say a word that rhymes with it. Silly words that rhyme are fine.
- Read rhymes with your child. Ask your child to complete rhymes with the correct rhyming word.

Hey diddle diddle. The cat and the \_\_\_\_\_ . (fiddle)  
Jack and Jill went up the \_\_\_\_\_ . (hill)

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1  
Find the letter  
"K" today.

2

3 Read a story  
with your child  
and have him  
tell you what  
happened first,  
second and last.

4

5

6

7  
Find the  
number "7"  
today.

8

9  
Practice jumping,  
hopping and  
skipping

10

11  
With your  
child, find words  
that rhyme.

12

13  
This week,  
find the  
letter "E."

14

15  
Take a walk  
with your child  
and look for  
signs of spring.

16

17  
Have your  
child pick out  
something **green**  
to wear today.

18

Daylight Savings

St. Patrick's Day

19

20

First Day of Spring

21  
Start a story,  
stop and have  
your child make  
up the ending.

22

23  
Help your child  
draw a kite with  
two triangles.

24

25

26

27  
Today, find  
things that are  
shaped like a  
triangle.

28

29  
Practice  
throwing and  
catching a ball.

30

31  
Sing the  
alphabet song.



Library  
**BOOKS**  
to **LOOK** for:

Pickin' Peas by Margaret Read MacDonald • Baby Bear, Baby Bear, What Do You See? by Bill Martin  
Little Red Hen by Jerry Pinkney • Make Way For Ducklings by Robert McCloskey  
If You Give a Mouse A Cookie by Laura Joffe Numeroff • Fancy Nancy by Jane O'Connor



# Help Your Child With Numbers and Counting



April 2023

Use number words and point out written numbers when you and your child do things together.

- In the kitchen:
  - "On this package of rice it says to add 2 cups of water."
  - "I need you to put 3 forks and 3 plates on the table."
- At the grocery store:
  - "That sign says bananas are 59 cents a pound."
  - "Pick out 4 apples and put them in this bag."
- At play:
  - "See if you can stack 6 pennies."
  - "Can you put 4 blocks in a row?"

Play number and counting games with your child.

- Play "Simon Says." Say to your child:
  - "Simon says clap your hands 5 times."
  - "Simon says take 3 steps forward."Let your child have a turn being "Simon."
- Make a card for each of the numbers 1,2,3,4 and 5.
- Ask your child to place the correct number of pennies or beans on each card.

Read, tell stories, sing songs and say nursery rhymes about numbers and counting.

- Read or tell stories such as The Three Bears to your child.
- Say nursery rhymes such as "One, Two, Buckle my Shoe" and "Baa Baa Black Sheep" with your child.
- Sing counting songs you may remember from your childhood.

SUNDAY

MONDAY

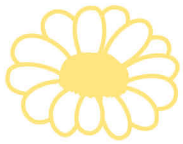
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

2

Cook a favorite family breakfast together.

3

4

Find things that are shaped like rectangles.

5

Passover begins

6

Help your child draw an umbrella with your child under it.

7

Good Friday

8

Look for the number "8" today.

9

Easter Sunday

10

Put on music and dance and clap to the beat.

11

12

With your child, pretend you are rabbits and robots.

13

14

Find things that are in the shape of a square.

15

16

Look for the letter "Q" this week.

17

18

Play "I Spy" with things that are blue.

19

20

Today, eat something from a rectangular or square box.

21

22

Ramadan begins  
Earth Day

23

30

24

Look for the letter "R."

25

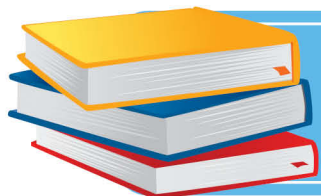
26

Make a piggy bank out of a coffee can and start saving coins.

27

28

29



Library  
**BOOKS**  
to **LOOK** for:

Not A Box by Antoinette Portis • Early Bird by Richard Scarry • Curious George by H.A. Rey  
Let's Play in the Forest by Claudia Rueda • We're Going on a Bear Hunt by Michael Rosen  
10 Minutes Till Bedtime by Peggy Rathmann • The Tale of Peter Rabbit by Beatrix Potter

# Give Your Child Daily Opportunities to Get Exercise



May 2023

## Collect safe toys to help your child use large muscles.

- Use empty plastic water bottles as bowling pins.
- Make beanbags by filling a sock part-way with dried beans and tying a knot.
- Use beanbags, big balls or small pillows to throw and catch.

## Let your child spend time outside.

- Have a safe outdoor place for your child to run and play.
- Set up an obstacle course and have your child steer a tricycle through it.
- Take your child to the park or playground.

## Give your child things to do when playing.

- Encourage your child to play "Hop Scotch" to his or her ability.
- Play singing games such as the "Hokey Pokey."
- Let your child try balancing a book on his or her head while walking.
- Act like different animals. Can your child:
  - Hop like a rabbit?
  - Slide like a snake?
  - Crawl like a bug?
  - Fly like a bird?

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 Make and give a "May Day" gift for a friend or neighbor.  
May Day

2

3 Have your child name the letters found on cereal boxes, cans and other food items.

4

5 Cinco de Mayo

6 After reading a story, have your child tell you what happened first, next and last.

7

8

9 Find the number "9" today.

10

11 Find things in the store that are shaped like a circle.

12

13

14

15 Find the letter "O" today.  
Mother's Day

16

17 With your child, count as high as they can.

18

19 Visit the PBS website at [pbskids.org](http://pbskids.org)

20

21 Today practice good hand washing.

22

23 Keep the TV off today.

24

25 Help your child practice writing his/her name.

26

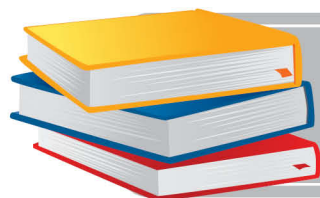
27 Draw something yellow.

28

29 Find the letter "M" today.  
Memorial Day

30

31 Go to the library and explore their on-line services.



Library  
**BOOKS**  
to **LOOK** for:

The Stinky Cheese Man by Jon Scieszka • Where the Wild Things Are by Maurice Sendak  
The Cat in the Hat by Dr. Seuss • One Fish, Two Fish, Red Fish, Blue Fish by Dr. Seuss  
Fox in Socks by Dr. Seuss • Green Eggs and Ham by Dr. Seuss



# Play is a Child's Work



## Encourage your child to pretend and make believe.

- Make and decorate puppets out of paper bags or old socks. Have your child perform a puppet show!
- Have some grown up clothes, costumes and accessories for your child to use for dress-up.
- With your child, set up a pretend store using empty household food containers.
- Provide basic wooden blocks or other building sets for your child to play with.
- Remember to let your child play alone if he or she is happy.

## Encourage artful expressions.

- Take your child on a nature walk and collect interesting objects in a bag.
- Create a collage from this nature collection.
- Paint an old sheet using diluted paints in spray bottles.
- Use freezer paper for finger-painting.
- Let your child make music.
  - Use wooden spoons and plastic tubs for drums.
  - Make cymbals using pot lids.
  - Put dried beans inside two paper plates stapled together for shakers.

## Play learning games with your child.

- Make matching pairs of cards using stickers or different colors or shapes.
- Start with six pairs of matching cards, face up and shuffled. Invite your child to find two cards that match.
- Add additional pairs of cards as your child becomes more skilled at finding the pairs.
- Play “I Spy” with objects around the house. For example, “I spy something yellow. You peel it and eat it. What is it?” (banana)

SUNDAY

MONDAY

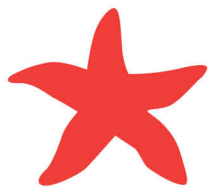
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

2 Pretend it's the first day of school and practice saying "good -bye" to each other.

3

4

5

6 Ask your child to draw a big square, then draw things in, out, over and under the square.

7

8

Play "Follow the Leader" outside.

9

10

Find the number "10" today.

11

12

Find the letter "C" this week.

13

14

Learn a patriotic song.

Flag Day

15

16

Make your own bean bags and then play catch.

17

18

19

20

Look for the letter "F" on things.

21

22

Go on a rock hunt. How are the rocks the same or different?

23

24

Father's Day

Juneteenth

First Day of Summer

25

26

This week, look for the colors of the rainbow.

27

28

Count in groups of "10" with your child.

29

30

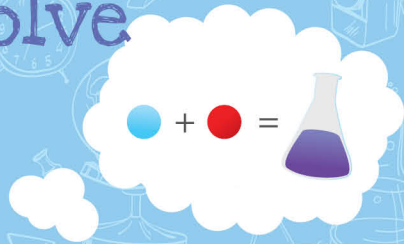
Talk about how some children have special needs.



Library BOOKS to LOOK for:

Sheep in a Jeep by Nancy Shaw • Joseph Had a Little Overcoat by Simms Taback  
What Can You Do With a Rebozo/Que Puedes Hacer Con Un Rebozo by Carmen Tafolla  
A Hat for Minerva Louise by Janet Morgan Stoeke • The Giving Tree by Shel Silverstein

# Invite Your Child to Think and Solve Problems



July 2023

## Involve your child in discovering things that go together.

- Collect things that go together from around your home.  
For example:
  - Comb and brush
  - Spoon and fork
  - Toothbrush and toothpaste
  - Flower and vase
- Mix the items up and have your child find the two objects that go together.
- Encourage your child to tell you why they go together.

## Play pattern games together.

- Create a movement pattern and ask your child to repeat it.  
For example: step-step-jump-turn.
- Start a pattern using objects and ask your child to keep it going.  
For example: crayon, crayon, penny, crayon, crayon, penny.
- Have your child make up a pattern for you to repeat together.

## Provide opportunities to experience and solve conflicts.

- Give your child lots of time to play with other children.
- Encourage activities that involve sharing such as blocks, crayons, Play-Doh and dress-up.
- Make up a conflict with stuffed animals or puppets.
- Talk about how the different animals are feeling. Discuss with your child how to resolve the conflict.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

2

Find the letter "W" today.

3

4

Have your child find things that are red, white and blue.

Independence Day

5

6

Practice writing letters and numbers with your child.

7

8

Use chalk to draw on the sidewalk or driveway.

9

10

Find the letter "X" this week.

11

12

Count pennies as high as your child can count.

13

14

Practice singing the letters of the alphabet.

15

16

Play "Which is Bigger?" using the numbers 1-10.

17

18

Find the letter "Y" today.

19

20

Celebrate something your child has recently accomplished.

21

22

Say a word and ask your child to tell you the opposite (big, small, sad, happy.)

23

24

25

26

Put together a puzzle with your child.

27

28

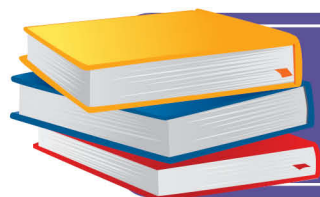
Together, recall and list the day's events.

29



30

31

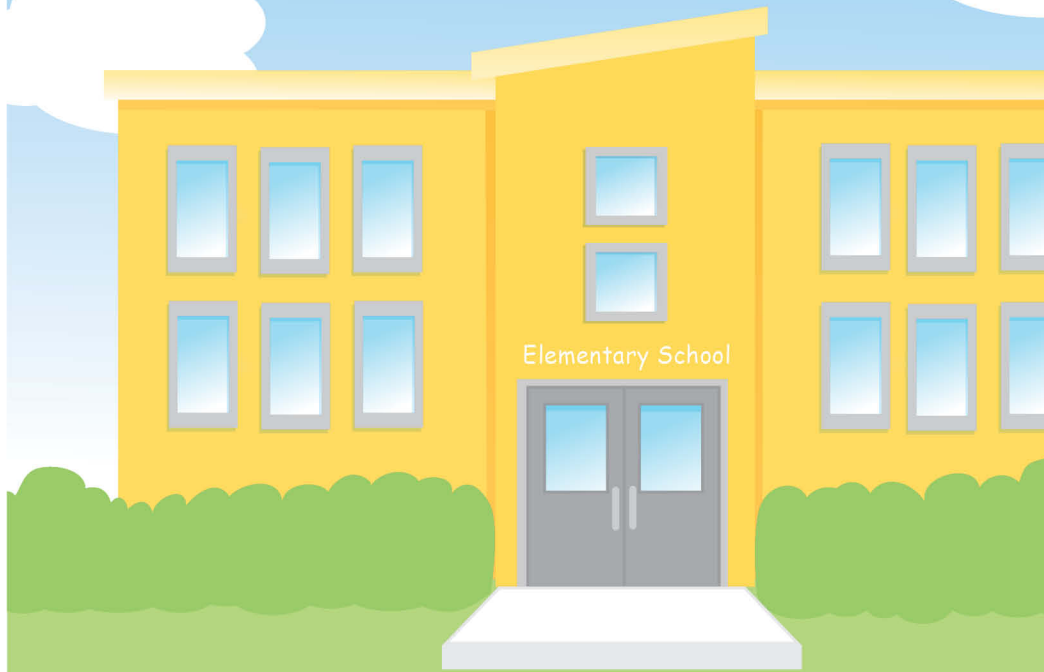


Library **BOOKS** to **LOOK** for:

The Doghouse by Jan Thomas • Press Here by Herve Tullet • Flotsam by David Wiesner  
Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst  
Mouse Paint by Ellen Stoll Walsh • Owl Babies by Martin Waddell



# Make "Going to Kindergarten" Plans with Your Child



August 2023

## Get ready for kindergarten.

- Begin to gather school supplies for your child.
- Play school with your child. Take turns being the teacher.
- Pretend your car is the school bus.
- Eat a meal from a lunch box or bag.
- Have your child put on and take off a coat.
- Sing songs and draw pictures.
- Decide how you will say goodbye to each other on the first day of school.

## Visit your child's school.

- Attend your school's open house or "Back to School" event this month.
- Learn about your child's school bus route and times.
- Find out about the daily schedule for your child's class.
- Explore the classroom.
- Look for the cafeteria, playground, restrooms, principal's office & library.

## Establish a school routine.

- Determine a regular bedtime for your child.
- Put backpacks and school supplies in the same place every day.
- Talk about and choose school clothes the night before school.
- Have a pleasant conversation with your child on the way to school or the bus stop.

SUNDAY

MONDAY

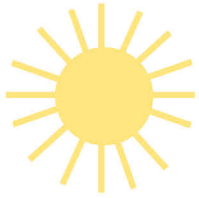
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 Review the alphabet with your child.

2

3 Have your child draw a picture of his new school.

4

5 Practice math at home. For example, "I have 1 cookie and you have 2 cookies. That makes 3 cookies."

6

7 Find the letter "Z" today.

8

9 Visit your child's school and play on the playground.

10

11 Take a walk and talk about all the different sounds you hear.

12

13

14

15 Organize what your child will need for the first day of school.

16

17 Have your child bounce a ball and count each bounce.

18

19

20

21 Read books at the beach or park.

22

23 Have your child write his/her name and identify each letter.

24

25 Talk about ways to make friends.

26

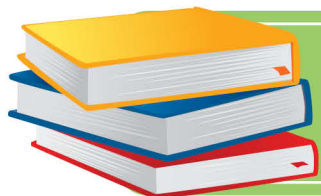
27

28

29 Have your child draw a circle, square, triangle and a rectangle.

30

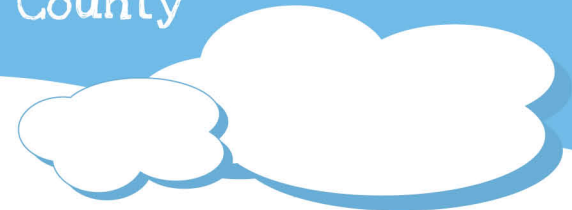
31 Practice zipping and buttoning with your child.



Library **BOOKS** to **LOOK** for:

Don't Let the Pigeon Drive the Bus by Mo Willems • King Bidgood's in the Bathtub by Audrey Wood  
Trashy Town by Andrea Zimmerman • I Went Walking by Sue Williams • Beat Snores On by Karma Wilson  
The Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear by Don Wood

# Baker County, Morrow County, Union County, Umatilla County and Wallowa County Oregon School Districts



## Baker County

Burnt River School District  
201 S 1st Avenue  
Unity, Oregon 97884  
541-446-3466

## Morrow County

lone School District  
445 Spring Street  
lone, OR 97843  
541- 422-7131

Morrow County School  
District  
235 E. Stansbury Street  
P.O. Box 100  
Heppner, OR 97836  
541-676-5705

## Umatilla County

Athena-Weston School  
District  
375 S. Fifth Street  
Athena, Oregon 97813  
541-566-3551

Echo School District  
600 Gerone  
Echo, OR 97826  
541-376-8436

Helix School District  
106 Main Street  
Helix, OR 97835  
541-457-2175

Milton-Freewater Unified  
School District  
1020 South Mill Street  
Milton-Freewater, OR 97862  
541-938-3551

Nixya'awii Community  
School  
46250 Ti'mine Way  
Pendleton, Oregon 97801  
541-429-7900

Pendleton School District  
107 NW 10th Street  
Pendleton, OR 97801  
541-276-6711

Pilot Rock School District  
PO Box BB  
Pilot Rock, OR 97868  
541-443-2361

Stanfield School District  
1120 N Main Street  
Stanfield, OR 97875  
541-449-8766

Ukiah School District  
201 Hill Street  
Ukiah, OR 97880  
541-427-3732

Umatilla School District  
1001 6th Street  
Umatilla, OR 97882  
541-922-6500

## Union County

Cove School District  
803 Main Street  
Cove, OR 97824  
541-568-4424

Elgin School District 23  
1111 Division Street  
Elgin, OR 97827  
541-437-1211

Imbler Schools  
640 Esther Avenue  
Imbler, OR 97841  
541-534-5331

La Grande School District  
1305 N Willow Street  
La Grande, OR 97850  
541-663-3200

North Powder School District  
333 G Street  
North Powder, OR 97867  
541-898-2244

Union School District  
P.O. Box K  
Union, OR. 97883  
541-562-6115

## Wallowa County

Enterprise School District 21  
201 SE 4th Street  
Enterprise, OR 97828  
541-426-3812

Joseph School District 6  
400 Wm East Williams Avenue  
Joseph, OR 97846  
541-432-7311

Wallowa School District 12  
PO Box 425  
315 W. First Street  
Wallowa, OR 97885  
541-886-2061

Troy School District 54  
66247 Redmond Grade Lane  
Enterprise, OR 97828  
541-828-7788

# Kindergarten Readiness Resources

## Dolly Parton's Imagination Library

United Way of the Blue Mountains is thrilled to bring Dolly Parton's Imagination Library to Umatilla County.

The Imagination Library fosters a love of reading and learning in preschool children by mailing them a free, age-appropriate book each month until they turn 5 years old, regardless of the family's income. Children who are enrolled at birth will amass their own personal library of 60 books!

Through Dolly Parton's Imagination Library, United Way hopes to get books into the hands of children whose families might not otherwise be able to afford many.

To register your child: [www.uwbluemt.org/DPIL-register](http://www.uwbluemt.org/DPIL-register)



## Kindergarten Milestones & Skill Builders by Subject

[familyeducation.com](http://familyeducation.com)

## Child Care Aware of Oregon

[childcareaware.org/state/oregon](http://childcareaware.org/state/oregon)

## National PTA Parents' Guide to Student Success

[pta.org](http://pta.org)

## Northwest Regional Educational Service District

[nwresd.org](http://nwresd.org)



# Baker County, Morrow County, Union County, Umatilla County and Wallowa County Oregon Libraries

## Baker County

Baker County Library District

Baker County Public Library  
2400 Resort Avenue  
Baker City, OR 97814  
541-523-6419

Haines Branch Library  
818 Cole Street  
Haines, OR 97833  
541-523-6419

Halfway Branch Library  
260 Gover Lane  
Halfway, OR 97834  
541-523-6419

Huntington Branch Library  
55 E Jefferson Street  
Huntington, OR 97907  
541-523-6419

Richland Branch Library  
37986 Highway 86  
Richland, OR 97870  
541-523-6419

Sumpter Branch Library  
245 S Mill Street  
Sumpter, OR 97877  
541-523-6419

## Morrow County

Oregon Trail Library District

Boardman Branch  
200 S Main Street  
Boardman, OR 97818  
541-481-3365

Heppner Branch  
444 N Main Street  
Heppner, OR 97836  
541-481-3365

Irrigon Branch  
490 NE Main Street  
Irrigon, OR 97844  
541-481-3365

lone Library District  
385 West 2nd Street  
lone, OR 97843  
541-481-3365

## Umatilla County

Umatilla County Special  
Library District  
425 S Main Street  
Pendleton, OR 97801  
541-276-6449

Adams Public Library  
190 N Main Street  
Adams, OR 97810  
541-566-3038

Athena Public Library  
418 E Main Street  
Athena, OR 97813  
541-566-2470

Blue Mountain Community  
Library - BMCC Library -  
Pendleton  
2411 NW Carden Avenue  
Pendleton, OR 97801  
541-278-5915

Echo Public Library  
20 S Bonanza Street  
Echo, OR 97826  
541-376-6038

Helix Public Library  
119 Columbia Street  
Helix, OR 97835  
541-457-6130

Hermiston Public Library  
235 E Gladys Avenue  
Hermiston, OR 97838  
541-567-2882

Milton-Freewater Public Library  
8 SW 8th Avenue  
Milton-Freewater, OR 97862  
541-938-8247

Pendleton Public Library  
502 SW Dorion Avenue  
Pendleton, OR 97801  
541-966-0380

Pilot Rock Public Library  
144 N Alder Place  
Pilot Rock, OR 97868  
541-443-3285

Stanfield Public Library  
180 W Coe Avenue  
Stanfield, OR 97875  
541-449-1254

Ukiah Public Library  
201 Hill Street  
Ukiah, OR 97880  
541-427-3735

Umatilla Public Library  
700 - 6th Street  
Umatilla, OR 97882  
541-922-5704

Weston Public Library  
108 E Main Street  
Weston, OR 97886  
541-566-2378

## Union County

Cook Memorial Library  
2006 4th Avenue  
La Grande, OR 97850  
541-962-1339

Elgin Public Library  
1699 Division Street  
Elgin, OR 97827  
541-437-2860

North Powder City Library  
290 E Street  
North Powder, OR 97867  
541-898-2175

Union Carnegie Public  
Library  
182 N Main Street  
Union, OR 97883  
541-562-5811

## Wallowa County

Enterprise Public Library  
101 NE First Street  
Enterprise, OR 97828  
541-426-3906

Joseph Public Library  
201 N Main Street  
Joseph, OR 97846  
541-432-0141

Wallowa Public Library  
201 East 1st Street  
Wallowa, OR 97885  
541-886-4265



# Songs and Finger Plays

Below are a few songs and finger plays recommended by The Public Library Association. Parents and caregivers can use them to develop reading readiness in children beginning to read.

## If You're Happy and You Know It

If you're happy and you know it, Clap your hands.  
If you're happy and you know it, Clap your hands.  
If you're happy and you know it, Then your face will surely show it,  
If you're happy and you know it, Clap your hands.  
(repeat with stomp your feet, shout hurray, peekaboo, slap your knees)

## Five Little Ducks

Five little ducks that I once knew,  
Fat ones, skinny ones there were too.  
But the one little duck with the feather on his back,  
He led the others with a quack, quack, quack.  
Quack, quack, quack.  
Quack, quack, quack.  
He led the others with a quack, quack, quack.  
Down to the meadow they would go,  
Wibble wobble, wibble, wobble to and fro,  
But the one little duck with the feather on his back...  
(repeat refrain)

## Head and Shoulders, Knees and Toes

(throughout, touch the appropriate part of own body)  
Head and shoulders, knees and toes, knees and toes.  
Head and shoulders, knees and toes, knees and toes.  
Eyes and ears, and mouth and nose,  
Head and shoulders, knees and toes, knees and toes.

## Reach for the Ceiling

(suit actions to words)

Reach for the ceiling, Touch the floor,  
Stand up again, Let's do some more.  
Touch your head, Touch your knee,  
Up to your shoulders, Like this you see.  
Reach for the ceiling, Touch the floor.  
That's all for now, There isn't anymore.

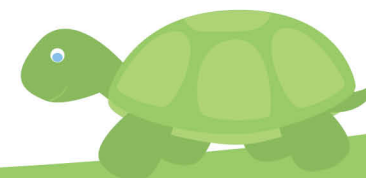


## Wheels on the Bus

The wheels on the bus go round and round,  
Round and round, round and round,  
The wheels on the bus go round and round,  
Round and round, round and round,  
All around the town.  
The wipers on the bus go swish, swish, swish...  
The driver on the bus says "move on back" ...  
The people on the bus go up and down...  
The babies on the bus go "wah, wah, wah"...  
The parents on the bus go "ssh, ssh, ssh"...  
(adaptions: the horse on the farm goes "neigh, neigh, neigh," cow, lamb, pig, etc.)

## Little Turtle

There was a little turtle,  
(make a fist)  
He lived in a box.  
(put one fist in cupped opposite hand)  
He swam in a puddle,  
(make paddling motion with hands)  
He climbed on the rock.  
(climb hands upwards in front of body)  
He snapped at a mosquito,  
(make 'snap' motion with thumb and forefinger on last word)  
He snapped at a flea,  
(snap on last word)  
He snapped at a minnow,  
He snapped at me.  
(snap at your nose on last word)  
He caught the mosquito,  
(clap on last word)  
He caught the flea,  
(clap on last word)  
He caught the minnow,  
(clap on last word)  
But he didn't catch me!  
(point to self and shake head "no!")



# 2022-23 Kindergarten Readiness Calendar



**LIVE UNITED**



**United Way  
of the Blue Mountains**

United Way of the  
Blue Mountains (Oregon)

125 SE Court Avenue Ste B  
Pendleton, OR 97801

541.276.2661

[www.uwbluemt.org](http://www.uwbluemt.org)