

Preparing Your Children for Kindergarten...

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7. Healthy development and well-being: Daily routines help your children practice fine motor skills while doing a few chores, such as setting a table, helping you cook by mixing or stirring, putting their clothes on or brushing their teeth.

INCORPORATING PLAYFUL EXPERIENCES:

1. Puzzles: Solving puzzles supports the development of skills such as concentration, self-regulation, critical thinking and spatial recognition.

2. Board games: Playing games provides a number of benefits for children, including supporting memory and critical thinking, helping them learn to take turns and count, and developing early language skills.

3. Blocks: Block building supports creativity, cognitive flexibility, planning and organization. Take some time to build with blocks using different shapes and colors.

4. Clay: Children need to develop fine motor skills beyond using devices. Few things are better for developing fine motor skills than modeling clay. Learning to sculpt with clay also builds creativity, artistic expression and strategic thinking.

5. Recycled materials: Inspire creativity by finding things around the house to build with, such as cardboard, paper, paper towel rolls and plastic bottles.

For more actionable parenting insights, guidance and resources - including a webinar with Scott focused on kindergarten readiness - visit GoddardSchool.com.



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