Marion County Schools Pre-K Program

Family Information

School Year 2020-2021
Helping your child get ready!

Pre-K Program
Social Skills

- Speak clearly
- Hold a conversation
- Pay attention and follow simple directions

You can help your child build these skills by:
- Talking with and reading to him everyday
- Giving her opportunities to play and share with others
- Setting firm, fair rules and limits
Number Skills

- Recognize numbers
- Count and compare small groups of items
- Count to 5 or higher

You can help your child build these skills by:
- Using numbers when you talk to your child
  - Number of crackers or apple slices on plate
  - Number on buttons on clothing
  - Number of stairs in your house
  - Age of child
  - Address
- Point out numbers everywhere
  - Signs and buildings
  - Book pages
  - Food packages
  - Phone and computer keypads

Pre-K Program
Being Active

Children should be active throughout the day. Encourage both active play and structured activities.

- Be active in fun ways each day (example: playing hide and seek, tag and jump rope)
- Be active together taking walks, swimming, etc.
- Dancing together (Be silly!)
- Make a hopscotch court
- Play "red light, green light"
- Pretend to be animals
Science

• Spending time outdoors
• Pointing out ways things happen (for example, water freezing)
• Doing experiments with your child.
  Place different small objects (a rock, an egg, a cork) in a bucket of water.
  Which ones sink? Which ones float?
• Talk about seasons and weather
• Living and nonliving things
• How germs make people sick

Pre-K Program
Art and Writing Activities

• Fine Motor Skills – Holding and Using:
  Crayons, markers, pencils, and pens
  Chalk and paintbrushes
  Glue bottles or sticks
  Clay or play dough
  Safety scissors
• Use a variety of paper
• Fabric and ribbon scraps for gluing
• Inexpensive household items – paper-towel, cardboard rolls, empty salt box, etc.
• Junk mail envelopes
Making Healthy Choices

- Good nutritious meals and snacks
  - Vegetables, fruits, grains, protein
- Getting regular health care
  - Medical and dental exams
    - Up to date immunizations
- Having good hygiene
  - Washes hands often and well
  - Takes baths or showers regularly
  - Brushes teeth at least 2 times a day
- Getting enough rest
  - Preschoolers need between 10 and 13 hours of sleep
- Limit screen time – TV, iPad, phone
Thank You!

Marion County Schools Pre-K Program
Sharon Carlton
Director of Federal Programs and Early Childhood
Phone – 423-658-2556
Fax – 423-658-2370
Address – P.O. Box 40, Whitwell, TN 37405