



8 Steps to Prepare Your 4-Year-Old for VPK

Getting your 4-year-old ready for Voluntary Prekindergarten (VPK) involves several steps to ensure a smooth transition and prepare them for the new learning environment. Here are some steps you can take:

1. **Establish a routine:** Start implementing a consistent daily routine that reflects your child's schedule in VPK, including regular wake-up and bedtime routines, meal times, and designated times for reading, playtime, and quiet time.
2. **Develop self-help skills:** Encourage your child to practice self-help skills such as dressing themselves, using the restroom independently, washing hands, and eating without assistance. This will boost their confidence and make them self-reliant.
3. **Socialize with peers:** Arrange playdates or enroll your child in a program where they can interact with other children.
4. **Read together:** Read books aloud with your child for at least 20 minutes a day. This helps develop their language and communication skills and fosters a love for reading and storytelling.
5. **Visit the center or school before the year begins:** Show your child around the VPK program including the playground, bathroom, and other important areas. Familiarizing them with the environment can help reduce anxiety and build excitement.
6. **Talk about VPK:** Engage your child in conversation about school. Discuss what they might expect, the activities they will do, and the friends they might make.
7. **Emphasize the importance of listening and following instructions:** Teach your child the importance of listening attentively and following instructions given by teachers.
8. **Make it fun:** Create a countdown calendar for the first day of school, let them pick out new shoes or a new backpack, or select their favorite snack for the first day!