

COUNTDOWN TO KINDERGARTEN



SEPTEMBER:

Academic Skill- Letter Recognition

When entering kindergarten, children need to recite (not sing) the alphabet and recognize, and name uppercase and lowercase letters.

Gross motor skill: Walking heel to toe. Your child can take 5 heel-to-toe steps forward and 5 heel-to-toe steps backwards. Use a tape “tightrope” on the floor for fun.

Fine motor skill: Using a stress ball or squishy ball to strengthen the muscles of the hand. Kids can also use a sponge to soak up water and practice squeezing it out.

***CATCH (Coordinated Approach To Child Health) BONUS for September: Healthy Changes and MVPs (CATCH Sept Newsletter)**

PRACTICE LOG: Initial each day that you practice any skill.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

At the end of the month, tell us how many days you practiced with your child. Three lucky parents will win a \$25 Walmart or Food City gift card. Go to <https://bit.ly/CDTKsept24> or scan the QR code with your phone’s camera.

