

How They Grow in Kindergarten

Where They Are

The average five-year-old is enthusiastic, helpful, and conforming. He:

- Attempts only things he knows he can do.
- Needs attention, affection, and praise.
- Is energetic and fidgety.
- Has a short attention span.
- May show opposite extremes of behavior.
- May become less well-behaved as the school year progresses.

Where They're Going

At five years old, your child is learning to understand herself. You can help by encouraging her as she:

- Develops a positive, realistic self-image.
- Learns to respect herself.
- Begins to understand her own uniqueness.
- Gains awareness of her feelings.
- Learns to express feelings.
- Learns how to participate in groups.
- Begins to learn from her mistakes.

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Fifteen-Minute Reading Activities

Make 15 minutes go a long way. Try these quick reading activities with your younger kids.

1. **License to read.** On car trips, make it a game to point out and read license plates, billboards, and interesting road signs.
2. **Better than TV.** Swap evening TV for a good action story or tale of adventure.
3. **Look and listen.** Too tired to read aloud? Listen to a book on tape and turn the book's pages with your children. You'll still be reading with them!
4. **Labels, labels, labels.** Label things in your children's room as they learn to name them. Have fun while they learn that written words are connected to everyday things.
5. **Pack a snack, pack a book.** Going someplace where there might be a long wait? Bring along a snack and a bag of favorite books.
6. **Recipe for reading.** The next time you cook with your children, read the recipe with them. Step-by-step instructions, ingredients, and measurements are all part of words in print!
7. **Shop and read.** Notice and read signs and labels in the supermarket. Back home, putting away groceries is another great time for reading labels.
8. **Your long-distance lap.** Away on a business trip? Take a few books with you, call home, and have your child curl up by the phone for a good night story.
9. **A reading pocket.** Slip fun things to read into your pocket to bring home: a comic strip from the paper, a greeting card, or even a fortune cookie from lunch. Create a special, shared moment your child can look forward to every day.
10. **A little longer?** When your child asks to stay up a little longer, say yes and make it a 15-minute family reading opportunity.

Source: <http://school.familyeducation.com/reading/family-learning/38301.html?detoured=1>

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