

What is **Gearing Up for Kindergarten**?

Gearing Up for Kindergarten is a new school readiness and parent education curriculum designed to facilitate successful school experiences for young children and parent knowledge and involvement. It is a collaborative school readiness and parent education program, developed and tested by North Dakota State University and the NDSU Extension Service. The program focuses on engaging families with a child entering kindergarten in the next 1-2 years. Centered in a developmental approach and based in current research, this curriculum teaches sound principles and practical approaches for parents and other adults to assist children entering kindergarten to reach their full potential. The key building blocks of the program are:

- School Readiness for Children Entering Kindergarten
- Parent Education
- Early Awareness and Intervention
- Parent Involvement with Children's Learning and School
- Building Home-School-Community Partnerships

The program utilizes small group learning and activity sessions to facilitate school readiness and parent education. Research on the program indicates it improves school readiness for children, increases parental knowledge and skills, and builds home-school-community links to support children's transition to school.

What do children experience in **Gearing Up for Kindergarten**?

During the program, children, parents, and staff members participate in hands-on, interactive learning activities targeting school readiness skills. These opportunities include math activities, science exploration, motor development, sensory development, reading and literacy skills, play and learning, and other activities. Additionally, children build social skills and awareness, become familiar with learning environments and routines, and strengthen parent-child links.

What do parents and other adults gain from **Gearing Up for Kindergarten**?

This program is intended to benefit parents, grandparents, other adult caregivers, and professionals who work with young children and their development and learning. Parents and other adults involved in the program have been shown to increase their knowledge of child development, awareness of children's skills and needs, practical parenting skills for parenting and school readiness, and involvement with their child and the school setting. Sixteen lesson modules for parent education are included in the program, such as:

- Parenting styles
- Brain development
- Raising a reader
- Guidance and discipline
- Responsibility and self-help skills
- Importance of sleep
- Early literacy and math skills
- Learning styles

- School readiness
- Child temperament
- And much more . . .!

How does **Gearing Up for Kindergarten** operate?

The curriculum and program is designed to fit into a variety of early education settings and facilitate parent-child interaction, parent education, and child exploration of school readiness skills. Small groups of families with pre-kindergarten children (usually 5 to 15 families) meet for 1-1/2 to 2 hours. The program includes:

- An in-depth parent education curriculum
- A detailed preschool curriculum with outlined developmentally appropriate activities
- Parent-child take-home activities
- Handouts on all parent education topics
- Parenting tip cards for quick ideas on parenting issues

Each session includes parent-child learning activities for the first 45 minutes, then separate learning sessions for parents and children the second 45 minutes.

Who uses the **Gearing Up for Kindergarten** program?

This program is being used by parent and family educators, early childhood and preschool centers and programs, Head Start and Even start programs, child care centers and programs, and public and private school systems.

What is the cost and availability of the program?

Gearing Up for Kindergarten is being released in the summer of 2009 and is available immediately for pre-order so that materials will be sent to all interested parties. Copies of the entire curriculum (parent education, preschool education and program guide) may be ordered for \$300. The program guide, along with the parent education curriculum or preschool education singly, may be ordered for \$200. Shipping and handling charges apply. Training opportunities are also available, with the next training opportunity scheduled for August 11, 2009 in Fargo, North Dakota.

To pre-order the curriculum materials, please complete the attached order form (or email to receive one) and send it to: Gearing Up for Kindergarten, Attn: Renee Galster, North Dakota State University, Dept. #7260, P.O. Box 6050, Fargo, ND 58108-6050. You may also FAX it to (701) 231-9645. To inquire about promotional materials, order forms, or other materials, please contact Renee Galster at (701) 231-8113 or renee.galster@ndsu.edu. Please direct questions about the program or curriculum to Dr. Sean Brotherson at (701) 231-6143 or sean.brotherson@ndsu.edu.