



Get ready for one of the biggest adventures of your child's life!

School will be starting soon. These tips can help your children look forward to attending school every day.

Did you know that missing just one or two days of preschool or kindergarten every few weeks can make it harder for children to develop reading skills, and to be prepared for first grade?

Adventure Time!



Plan to attend Welcome To Kindergarten events at your child's school

- Play with your child on a regular basis using the materials you receive at the Welcome To Kindergarten session.
- Find out when your child's first visit to the school will be held.
- Explore a pick-up and drop-off sharing plan with neighbors, or a "Walking School Bus."
- Respond right away to communication from your child's teacher. Ask any questions you have!

Story Time!



Tell your child positive stories from when you were a young student

- Make up silly songs about everyday routines: getting up, eating breakfast and going to school.
- Read to your child each night in your home language.
- Books can address children's concerns in playful ways and support conversations.



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Habit Time!

Set a standard bed and wake up time a few weeks in advance

- Let children choose what clothes they'd like to wear the next day.
- Routines make everyone feel in control, and that's a good feeling.



Good Health Time!

Part of preparing is making sure your child is healthy and ready to learn

- If you are concerned your child may have a contagious illness, call your child's health care provider or school for advice.
- If your child is at high risk for complications from common illnesses, talk to your school about developing a health plan.
- Schedule non-urgent medical appointments and extended trips when preschool is not in session.
- Take advantage of the Eye See...Eye Learn program offering one free eye exam and one free pair of glasses, if needed.



Preschool through first grade establishes the foundation for relationship-building and life-long learning. Help your child gain comfort, self-confidence and delight in these milestone events.