

Parent's Guide to Kindergarten Success

Parents are children's first and most important teachers and help set the tone for school success. Working with your school and your child's teachers, you can ensure a successful beginning when your child enters school in kindergarten. With your support and encouragement, your child learns that school is important and that you look forward to a successful and fun year! With everyday activities, you can help your child be ready for success!

- I go to my child's school for a visit or open house before the first day. I take my child for a visit if this is possible.
- I make sure I know everything I need to enroll my child so that he can start on the first day.
- I make sure the school knows how to reach me during the day, including updating any changes during the year.
- I read and respond to the school letters sent home to parents and display the school calendar.
- I make sure we have routines for daily activities including bedtime, tooth- brushing, bathing, mealtimes, reading together, and talking about her daily activities.
- I let my child know that his learning is important and that I want him to do well.
- I have guidelines about how she should behave so that she can do her best.
- I limit the amount of TV and screen time and check the types of programs and games my child views.
- I read with my child and help my child in a learning activity for at least 15 minutes each day.
- I see that my child gets:
 - 8-10 hours of sleep on school nights
 - at least an hour of active play each day
 - 5 servings of fruits and vegetables each day (and limit sugary drinks/food)
- I send my child to school in comfortable play clothes and label all clothing and belongings and help her learn to take care of her things.
- I show a positive attitude about school and show an interest in school projects.
- I make sure my child is **at school every day and on time**, unless he is sick.
- I make sure that my child has health insurance, regular health and dental checkups, and I follow up on any referrals and recommendations.
- I communicate regularly with my child's teacher about any special concerns, needs, or possible problems.