



### Health Routines

- Establish a bedtime that gives 10+ hours of sleep.
- Ensure immunizations and health exams are current (must be shared with school).
- Stick to regular times for meals.



### Positive Approaches toward Learning

- Provide toys and games for exploration and discovery.
- Create opportunities to stay on task for 15 minutes (or more).



### Social and Emotional Development

- Talk about feelings.
- Facilitate friendships with other children.
- Set basic rules and allow child to adapt to change.
- Celebrate independence.

## Off to a Good Start in Kindergarten

We know this is an exciting time for your entire family! Your child's kindergarten classroom will be a creative and stimulating environment full of learning and exploration. Kindergarten will provide the foundation for the rest of your child's school experiences and your child will develop a love of learning.

Recognizing the importance of the school's partnership with all families, we encourage you to help your child prepare for the kindergarten experience at home.

Text **R4K WC to 70138** to receive weekly Ready4K tips!

WHAT STARTS HERE  
CHANGES  
EVERYTHING.



### Language Development

- Talk, talk, talk at home!
- Read together every day.
- Give multiple step instructions (1, 2, 3).
- Encourage sentences of several words.



### Health and Physical Development

- Run, jump, climb, swing and throw together.
- Develop independence — dressing, eating, and personal hygiene.
- Share a space to use scissors and crayons.



### General Knowledge

- Teach first and last name.
- Learn basic colors.
- Practice numbers and letters.
- Retell stories together.