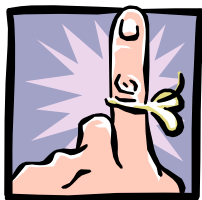


Before the First Day of Kindergarten

Personal information

Your child should know the following personal information before leaving for school:



- First and last name
- Address
- Telephone number
- Emergency contact person's name

If your child does not know this information, write it down and keep in backpack, lunchbox, or pocket. For safety, do not place on the outside of your child's clothing.

Bus routine

Do a "practice" walk to the bus stop. Point out landmarks (the park, restaurant, etc.) along the way. This is a good time to talk about safety issues.



(See safety rules on next page)

Visit school

Take your child for a visit to the school. If you are planning to drop-off and pick-up, practice this routine.



Introduce your child to the teacher. Walk around the school. Find the cafeteria, office, classroom, library, playground, etc. Most schools have an Open House before school starts in the fall.

Use public restrooms

Give your child opportunities to use restrooms in public places.



This allows your child to feel more comfortable with the restrooms in school.

Before the First Day of Kindergarten

School-time schedule

Establish a school-time schedule.

Consider:



- Wake-up time
- Time for dressing
- Time for getting supplies together
- Bath time
- Bed time

Have your child help you in making this schedule. Make it clear which responsibilities are yours and which are your child's.

Self-help skills

Encourage your child to take responsibility and accomplish tasks independently.



Self-help skills that will help your child in kindergarten are:

- ★ Dressing
- ★ Toileting
- ★ Washing hands
- ★ Putting personal items away
- ★ Tying shoes

Safety rules

Make sure your child understands and obeys safety rules such as:



- Look both ways before you cross
- Cross the street only at crosswalks
- Walk only on sidewalks
- Refuse gifts or rides from strangers
- Sit down on the bus
- Buckle seat belt in the car or bus

For more information, contact:

- School Principal
- Early Learning Office
425-385-4024 or
425-385-4068

For more readiness ideas, visit:

- www.everettsd.org/earlylearning