

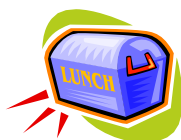
Getting Ready for Kindergarten - Almost There!

The week before:

- ☑ Get the supplies requested by the school (backpack, crayons, glue, pencils, etc.)



- ☑ Label all personal items with your child's name in permanent ink. (Clothing, lunch box, backpack, etc.)



- ☑ Take any prescription medication that must be administered during the school day to the school office.



- ☑ Discuss plans for drop-off and pick-up in detail. (If possible, do a "practice run" prior to the first day.)



- ☑ Help make separating from you the first few days easier. Create a series of steps that you will take every day when your child goes to the classroom. For example:

- ☞ Child puts belongings away
- ☞ Parent describes what they will do after school and says goodbye
- ☞ Child goes to her teacher for a greeting and parent leaves

The Night Before

- ☑ Review a school-day routine with your child (bath time, bed time, wake-up time, etc.) **ENFORCE BEDTIME** to make sure your child will be well rested.



- ☑ Put clothes out the night before. Make sure that your child will be dressed appropriately for the weather and school setting.

Adapted from a project of the Florida Partnership for Parent Involvement

Center of Excellence * Louis de la Parte Florida Mental Health Institute * Florida Children's Forum

Home Instruction Program for Preschool Youngsters * Hillsborough County Head Start * Hillsborough County Even Start

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The first day:

- ☑ Wake up in plenty of time to prepare for school.
- ☑ Have your child eat breakfast at home or make sure he/she has time for breakfast at school.



- ☑ Review the drop-off and pick-up procedures and separation routine with your child.



- ☑ Make sure your child knows his full name, address, phone number, and emergency contact. If he does not know this, write it down and put it with his personal belongings.

- ☑ Arrive on time: before school starts, but not so early that there is no supervision. Remember, a long wait for class to begin can add to the stress.
- ☑ Leave your child promptly, with a positive attitude, after you have gone through your plan for separating. **DON'T LINGER!**

At the end of the first day:

- ☑ Greet your child at the planned time and place.

Ask your child about his/her day. If you simply ask "How was your day?" the response will likely be "okay" or "fine." Instead, ask specific questions such as, "What was the best thing that happened today?" or "Who is the funniest person in your class?"

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