Help get your child ready for kindergarten

Here are some important (and fun) steps your family can take to get ready for the first day of school.

You can find more kindergarten readiness information on itrails.org or pick up a “Welcome to Kindergarten” parent guide at any of the 11 enrollment centers or the office of English learners.

Healthy Habits.

• Make an appointment with your doctor or a health clinic to get a physical. Also make sure your child has the required immunizations and an updated Tennessee Certificate of Immunization.
• Set an early bedtime. There is no naptime in kindergarten, and kids need lots of sleep to thrive.
• Serve well-balanced meals to provide good energy to your child for a busy day at school.

Play!

• Children learn valuable social skills when they play with one another at home, in the neighborhood, at the park and in prekindergarten or child care settings. They learn to communicate, share and solve problems — three skills they’ll need in kindergarten.

Encourage Independence, One Step at a Time.

• Your child can help with daily routines and household chores. Teach your child to get dressed, use the bathroom, wash hands, open containers (like milk or juice boxes) and clear the table. Help them practice these skills at home in an environment they know. They’ll also be ready to use their small muscles for drawing, writing and cutting in kindergarten.

Great Ways for Your Child to Learn and Have Fun at the Same Time!

• Practice writing their first and last name.
• Draw a picture or write a note for a family member.
• Count to ten. Then try counting backwards from ten to zero.
• Practice tying their shoe.
• Look at a cereal box. Find all the letters you know.
• On your next drive, read signs and point out letters in the sign and the sounds they make.

Use the Kindergarten Readiness Calendar found on www.itrails.org for fun, engaging activities to do each day leading up to kindergarten.