

Things parents can do to ensure Kindergarten ready:

There are two main things that will help children to be successful in school. These two things should be done daily and as often as possible with children.

1) **Read daily with your children.** Interact and ask questions as you read, such as: What do you think is going to happen next? What words do you not understand? What was your favorite part? Have child point to and say as many things possible on the page.

2) **Interact daily with your children.** When you go to the store, are driving or are at home, give your children many opportunities to talk and use language. For example, when you are shopping ask: What is that called? What letter does it start with? Encourage shapes, colors, textures in their descriptions of everything they see. Explain the purpose and reason for everything they see. Encourage conversations that go back and forth multiple times.

- Up-to-date physical exam (within 1 year).
- Up-to-date dental exam (within 1 year).
- Complete eye exam.
- Share a story, read a book, or talk about your day.
- Interact with your children (using who, when, where, why, how, what).
- Maintain a routine (eating, reading, bathing, sleeping, etc).
- Explain activities as you do them ("I'm doing the laundry. Why do we do laundry? Etc.).
- Make sure your children eat a balanced diet and get plenty of rest.
- Encourage children to run, jump, play outdoors, and do activities that develop their large muscles and provide exercise.
- Encourage children to work puzzles, scribble, color, paint, and do other activities that help develop their small muscles.
- Help child to work well alone and to do many tasks for themselves.
- Help child to learn to use self-control.
- Give child opportunities to notice similarities and differences.
- Give opportunities to initiate, engage, and get along with others in play and activities.